

# Connecticut Guardian

VOL. 6 NO. 7

HARTFORD, CT

JULY 2005

## Connecticut's 14<sup>th</sup> CST validated, ready at a moment's notice

OC JESSE J. STANLEY  
65<sup>th</sup> PCH

Connecticut National Guard's 14<sup>th</sup> Civil Support Team (CST) completed its final steps for official validation during a one week period in June, only 13 months since being announced. This makes the 14<sup>th</sup> CST the first Phase IV team to receive this validation. Not only that, but the 14<sup>th</sup> CST passed their evaluation with perfection, having passed all 15 collective tasks with the highest rankings.

A CST is capable of deploying at a moment's notice to a suspected or actual terrorist attack, conducts surveys of the area to assess the effects of the attack and provides an understanding of the situation to commanders. They also advise local authorities on managing the effects of the attack to minimize the impact on civilians and assist in the follow-on emergency and military support in the area.

The 14<sup>th</sup> CST consists of 22 skilled and now validated full-time members of the Connecticut Army and Air National Guard.



*During the decontamination process each member is scanned to be certain they are clean before they can remove their suit. (Photo by OC Jesse J. Stanley, 65<sup>th</sup> PCH)*

"Collectively we have done 13,000 hours in a year of hazard material (HAZMAT), weapons of mass destruction (WMD)

specific training," Lt. Col. Joe Danao, 14<sup>th</sup> CST commander, said.

**See CST READY Page 28**

## *DoD announces increase in Death Gratuity and SGLI*

DEPARTMENT OF DEFENSE PRESS RELEASE

The Department of Defense announced today a significant increase in the death gratuity for the survivors of service members killed in action and the Servicemembers' Group Life Insurance (SGLI) coverage for service members deployed to designated combat zones.

The Emergency Supplemental Appropriations Act for Defense, the Global War on Terror and Tsunami Relief Act 2005 (Public Law 109-13) increases this immediate cash payment from \$12,420 to \$100,000 for survivors of those whose death is as a result of hostile actions and occurred in a designated combat operation or combat zone or while training for combat or performing hazardous duty.

The supplemental also increases the maximum amount of SGLI coverage from \$250,000 to \$400,000 for all service members effective Sept. 1, 2005 and provides that the department will pay or reimburse the premiums to service members, who are deployed in a designated combat zone for \$150,000 of SGLI coverage.

Until the effective date for the SGLI increase, the supplemental provides for a special death gratuity of \$150,000, retroactive to October 7, 2001, for survivors of those whose death is in a designated combat operation or combat zone or occurred while training for combat or performing hazardous duty.

The Secretary of Defense has designated all areas where service members are in receipt of the combat zone tax exclusion as qualifying combat zones and all members deployed outside the United States on orders in support of Operation Enduring Freedom or Operation Iraqi Freedom as participating in qualifying combat operations.

Effective immediately, survivors of service members, who die in these qualifying zones or operations, will receive the increased benefits.

**See DEATH GRATUITY Page 4**

## Another aviation unit heads to war

SGT. 1<sup>st</sup> CLASS DEBBI NEWTON  
STATE PA NCO



*A soldier of Co. G, 126<sup>th</sup> Aviation holds the unit's guidon aloft as he waits for the formation to be called to attention. (Photo by Sgt. 1<sup>st</sup> Class Debbi Newton, State PA NCO)*

Family, friends and fellow Servicemembers turned out by the hundreds to say good-bye to members of Co. G, 126<sup>th</sup> Aviation last month as they left for Fort Dix in preparation for their deployment in support of the Global War on Terrorism.

The unit, an aviation maintenance and supply unit, will spend several months at Fort Dix being validated before heading to Iraq in the fall.

Brig. Gen. Thaddeus J. Martin, adjutant general, told the Soldiers they had three priorities while deployed.

"First, call and write home," he said. "Second, call and write home. Third, call and write home."

Gov. M. Jodi Rell echoed the general's orders to the troops and added an order of her own.

"It is important for you to call and write home," she said. "But I also want you to call and write to me. I want to know how you are doing. I want to know if you need anything. And I want the families to do the same."

She also ordered the commander of the unit, Maj. Timothy Seery, to make sure his Soldiers called and wrote home.

"I am your commander, too, and I am ordering you to make sure your Soldiers keep in touch with their loved ones back home."

After the formation and formal ceremony, the Soldiers were able to spend a few more brief moments with family and friends before one final formation and loading of the busses for the trip to Fort Dix.



# Commander's Corner

## Challenging Times Ahead

As I begin to write this (June 29) I find myself enroute to what will be the first of two BRAC hearings I'll participate in over the next seven days (June 30 in Atlanta and July 6 in Boston).

At stake... the future of the Air National Guard as we know it and closer to home... the future of our A-10s and Connecticut's own "Flying Yankees."

The focus of the Atlanta hearing gave the Adjutant Generals, through their Association, the opportunity to highlight the shortcomings of the Air Forces' BRAC process.

Two common themes echoed throughout the nearly two hour proceeding.

First, unlike the Department of the Army, the Department of the Air Force purposefully excluded Adjutants General of the 54 states and territories from the process.

The resulting conclusions, therefore, could best be portrayed as poorly staffed, incomplete, inaccurate or just plain wrong.

The second theme was that BRAC by design was created to assess infrastructure against a coherent and complete military strategy. It was not created to provide the Department of the Air Force the vehicle to implement its unilaterally developed Future

Total Force planning concept.

The "bottom line" Adjutant General Association recommendation to the BRAC commissioners was to "set aside" all Air Force BRAC proposed changes impacting Air National Guard units across the country. The intent is to create the opportunity for the Air Force and the Air National Guard to together address the very real issues of aging aircraft, dwindling resources and a need to recapitalize.

On July 6, the Connecticut National Guard will have the opportunity to present its case to the commission, specifically as it relates to the recommendation to relocate nine A-10 aircraft from Bradley and retire an additional six.

Let me assure those who may for a moment doubt the thoroughness of our defense. We have found "significant" issues with the scoring of Bradley's Military Value.

We have identified criteria that in terms of accurately assessing infrastructure, military value and cost, don't make sense.

Finally we provide to the commission an alternate proposal for A-10 basing that better provides for the needs of the nation.

To those who contributed toward the countless volunteer hours researching, compiling and developing our strategy, I

thank you. More importantly our nation thanks you, for without your unselfish efforts, our nation could have stepped off in a direction that would have done irreparable damage to our national defense.

The removal of A-10s from Bradley, whether stopped by our individual state effort or by the combined efforts of the Adjutants General, is a win for America and this great State of Connecticut. Make no mistake however - we have been served with a wake-up call to the reality of the future of aviation and aviation missions in our Air National Guard.

We must stay fully engaged in the national discussion and evolution of new and emerging missions. We can ill afford to EVER allow ourselves to believe this could or would never happen again.

I'm confident come Sept. 8, when the commission forwards its recommendations to the President of these United States, that the future of our A-10s and "Flying Yankees" will once again be in our own hands.



BRIG. GEN.  
THAD MARTIN

# Connecticut Guardian

360 Broad Street  
Hartford, CT 06105-3795  
Phone: (860) 548-3251  
DSN: 636-7857  
FAX: (860) 524-4902

E-Mail:  
CTGUARDIAN@ct.ngb.army.mil

Captain-General  
Gov. M. Jodi Rell

The Adjutant General  
Commanding General, CTNG  
Brig. Gen. Thaddeus J. Martin

State Command Sergeant Major  
Command Sgt. Maj. Raymond P. Zastaury

State Command Chief Master Sergeant  
Chief Master Sgt. Wanda Wawruck

State Public Affairs Officer  
Connecticut Guardian Managing Editor  
Lt. Col. John Whitford

State Public Affairs NCO  
Connecticut Guardian Editor  
Layout and Design  
Sgt. 1st Class Debbi Newton

Assistant Layout and Design Editor  
Spec. Jesse. J. Stanley

## Contributors

Det. 1, 65th Press Camp HQ, CTARNG

Maj. George Worrall, III  
103rd FW PAO, CTANG

103rd Air Control Squadron

103rd Communications Flight, CTANG

First Company Governors Horse Guard

Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

The *Connecticut Guardian* is an authorized publication for and in the interest of, the personnel of the Connecticut National Guard, State Military Department, State Militia and their families. The editorial content of this publication is the responsibility of the CTNG Hartford Public Affairs Office and is not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, and the Department of the Army or the Department of the Air Force. The *Connecticut Guardian* is published in accordance with AR 360-1 on the first Friday of every month and is printed by The Day Printing Co., New London, Connecticut, a private firm in no way connected with the Department of the Army.

Deadline for submissions is the 15th of the month preceding the month of publication.

Circulation: 9,000



DEPARTMENT OF THE ARMY  
WASHINGTON DC 20310

14 JUN 2005

Dear Army Team Member:

As our Army celebrates its 230th birthday this month, we pause to reflect on the selfless service and sacrifice of generations of Soldiers, civilian employees, and their families, all of whom epitomize the tenets of the Warrior Ethos:

- I will always place the mission first
- I will never accept defeat
- I will never quit
- I will never leave a fallen comrade

The Warrior Ethos is the common thread that has tied us all together throughout 230 years of service to our Nation. Since 1775, American Soldiers have answered the call to duty. From Valley Forge to the battlefields of Gettysburg, the Argonne Forest, and the shores of Normandy; from the rice paddies of Korea and Vietnam to the mountains of Afghanistan and the streets of Baghdad, our military history is rich with the willingness of generation after generation to live by the Warrior Ethos.

Soldiers serving the Nation today embody the Warrior Ethos. It is central to all that we do and all that we are. It is everything we stand for as Soldiers, Army civilians, and family members. It applies in the broadest sense, not just while in uniform and not just while in service to our country, but throughout our personal and professional lives. When we understand and live by the Warrior Ethos, it makes us better husbands and wives, better parents, better daughters and sons, and better citizens. When Soldiers—the centerpiece of our Army—and the civilian employees and family members who serve right along side them live by the Warrior Ethos, it gives us strength to maintain our commitment to freedom and to our way of life.

America's sons and daughters who are answering the call to duty are engaged in the noblest work of life, protecting our Nation and enabling others to live free. To our Soldiers around the world, our thoughts and prayers are with you and your families on this 230th Army birthday. We are proud of you and to serve with you. The Army and the Nation are grateful for your service and sacrifice. Thank you for answering the call to duty.

Sincerely,

Peter J. Schoomaker  
General, United States Army  
Chief of Staff

Francis J. Harvey  
Secretary of the Army

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Department of State  
United States of America

## Meritorious Honor Award

### Joint Area Support Group-Central (Provisional)

In recognition of your first year of service and your extraordinary and historic contributions to the people and government of the new Iraq and to the members of the U.S. Mission in Iraq. Through your superlative efforts, the 130 men and women of the Joint Area Support Group-Central (Provisional) have established a safe, well-managed International Zone which serves as an essential base of operations for the new Iraqi government. At the same time, you helped stand-up the U.S. Embassy in Baghdad and developed a model for establishing future embassies in non-permissive environments.

Baghdad, Iraq  
May 21, 2005

James E. Jeffrey  
Chargé d'Affaires a.i.





Airman 1st Class Blaine Gamble and Senior Airman Mike Thompson, both ground radar systems journeyman, 103rd Air Control Squadron, have a last minute talk before climbing into their trucks and driving as part of a convoy from Stone's Ranch to Otis Air Force Base, Mass., for their two weeks of annual field training in June. While deployed, the unit controlled live-fly F-15 missions, simulated an air war over Korea and conducted Disaster Preparedness Training. (Photo by Staff Sgt. Carolyn A. Aselton, 103rd FW PANCOIC)



Senior Airman Philippe Lombardi and Staff Sgt. Matthew Allard, satellite communications journeyman, 103rd Air Control Squadron, perform a vehicle check before leaving from Stone's Ranch in a convoy for Otis Air Force Base, Mass., June 4. The Airmen completed two weeks of annual field training on the Cape and then returned home to their renovated base in Orange. (Photo by Staff Sgt. Carolyn A. Aselton, 103rd FW PA NCOIC)

# Cape Cod: good Coming home: better

STAFF SGT. CAROLYN A. ASELTON  
103rd FIGHTER WING PUBLIC AFFAIRS NCOIC

Of all the successes in an annual training deployment, none was sweeter than the return home for the 103rd Air Control Squadron, and not just because it signified the end of its trip.

Members have been displaced for nine months while renovations took place at their base, and on June 14, the unit was finally back at Orange.

About 150 unit members spent the two weeks prior to their move back on base performing annual field training at Otis Air Force Base, Mass. It was the first unit AFT for the squadron since 9-11, said Maj. Bill Neri, Director of Operations, 103rd Air Control Squadron. It began with a convoy from Camp Rell.

"One weekend a month you really don't see everybody—two weeks you get to see everybody in the squadron," said Senior Airman Mike Townsend, ground radar systems journeyman, 103rd Air Control Squadron, as he waited to leave by his truck. "You see how everything works in an operational setting."

Forty trucks carrying radar set, Operations Modules, satellite dishes and other support equipment were broken into three convoys of 12 to 15 trucks apiece for the drive to Otis. The objective of the deployment was to exercise mobility teams and convoy safety and prepare for an upcoming evaluation, said Neri.

The Airmen provided enemy threat information to the F-15s that were flying in the warning space over the waters south of Nantucket and Martha's Vineyard. They also ran a System Training Exercise with the Iowa Air National Guard in which they participated in a simulated air war over Korea. They conducted Disaster Preparedness training, which included Self-Aid and Buddy Care training.

"The STE went off perfectly," said Neri. All training goals for the entire deployment were exceeded by all sections, he added. As

part of upgrade training, four Operations crewmembers passed Initial evaluations and are now qualified as world-wide deployable.

On the maintenance side, Airman 1st Class Blaine Gamble, ground radar systems journeyman, 103rd Air Control Squadron, was on summer break from his classes at the University of Connecticut. He said he enjoyed working with the people in his squadron.

"I like it a lot and the people are great, which makes it a lot better," he said.

The squadron could not perform its missions without its support personnel.

"Maintenance, as always, played a critical role in ensuring all equipment was properly configured and operational to support training. Our equipment availability was outstanding during this AFT," said Neri.

This was the first training deployment to Cape Cod for the unit since 9-11. After the terrorist attacks, the 103rd was activated for Operations Noble Eagle and Enduring Freedom, and in 2002 construction began at Orange, forcing the Airmen from their homestation.

"We've been spread out. It's been difficult this past year," said 2nd Lt. Daniel P. Stafko, maintenance officer, 103rd Air Control Squadron. "This is a good opportunity for everybody to get back in the swing of things."

And back in the swing of things they were.

"I think the trip went very well," said Neri. "The troops had a good time. They worked hard and played hard."

Having completed their active duty tours and annual training and with the renovations nearly complete at Orange, Neri summarized the squadron feeling.

"All ACS personnel will now be in a single location, which will greatly enhance our ability to train," he said. "We're back — now let's continue to train as we fight, and get back into homestation training."



The first 103rd Air Control Squadron trucks of 40 leave in a convoy from Stone's Ranch to Otis Air Force Base, Mass., June 4 for two weeks of annual field training. (Photo by Staff Sgt. Carolyn A. Aselton, 103rd FW PA NCOIC)



# State legislators, national staff learn about Bradley, BRAC during information hearing

SGT. 1<sup>ST</sup> CLASS DEBBI NEWTON  
STATE PANCO

Members of the Connecticut state legislature invited Brig. Gen. Thaddeus J. Martin to provide background on the Bradley Air National Guard Base and how the Base Realignment and Closure (BRAC) process would affect National Guardsmen and Connecticut's readiness during an informational hearing held at the Legislative Office Building last month.

In addition to several state representatives and senators, staff members from nearly all the Congressional members' offices also attended the hearing.

"First let me make it perfectly clear that I am here as the commissioner of the state Military Department and not as the adjutant general," said Martin. "I am not here representing the Department of Defense."

Martin told those in attendance that the BRAC issue "is not about whether Connecticut, Massachusetts or Maryland gets or keeps A-10s. It's about the needs of the country."

Under Secretary of Defense Donald Rumsfeld and the Department of Defense's recommendations, Bradley Air National

Guard Base would be realigned and the A-10s moved to Barnes Air National Guard Base in Massachusetts, resulting in the loss of more than 100 full and part-time jobs.

"The Army's approach to BRAC was inclusive and cooperative," Martin told the lawmakers.

"The Army included the Army Reserve, the Army National Guard and the adjutant generals of all 54 states and territories in the decision-making process. The Air Force did not."

Martin explained that nothing was to be gained by closing the flying mission at Bradley, and moving that mission to Barnes, which is 12 miles in a straight line from Bradley, but over the border into Massachusetts, and about 30 miles by road.

The Air Force has suggested that the people at Bradley would only have to travel the 12 miles to Barnes to maintain their jobs. But, as became evident to the legislators, that would mean people leaving the Connecticut Air National Guard and joining the Massachusetts Air National Guard, if they were accepted by Massachusetts.

Massachusetts has two other bases either closing or realigning, explained Martin. And

because of the distance between the two locations, the Massachusetts Air National Guard also two separate unions that represent the technician employees of the bases, and those Airmen would have first rights to the jobs in Massachusetts, not the Connecticut Airmen currently holding the positions slated to be moved to Barnes.

When the Connecticut delegation makes it case to save Bradley to the BRAC commissioners in Boston in July, Martin said they would try to impress upon them the need to standardize the 18 A-10 units across the country.

"If that happens, America wins," said Martin. "You save the expertise of the pilots and crews and support staff we have in place now."

Gov. M. Jodi Rell, Martin, members of Congress and several other personnel associated with state committee to save Bradley and the Naval Sub Base in Groton (which under BRAC would close completely) were scheduled to meet with the BRAC Commission on July 6 in Boston. (See the August issue of the *Connecticut Guardian* for that story.)

## BRAC Quotes of Note

"Our opponents, of course, are already charging that our primary motivation is fear of change. We're not fighting change. The world is changing, and we know we must keep pace. We're fighting to keep from being left behind by change."

*Robert V. Taylor, Chairman of the Board, NGAUS speaking about the potential loss of Air National Guard units*

"This may signal the end of these units and the military service of the people in them. What we are seeing is the elimination of the Air Force's most cost-efficient flying units in the name of saving money and greater efficiency."

*Retired Brig. Gen. Stephen M. Koper, President, NGAUS speaking after the BRAC list was released*

"Our current arrangements, designed for the Cold War, must give way to the new demands of the war against extremism and other evolving 21st Century challenges."

*Defense Secretary Donald Rumsfeld - May 13, 2005*

"Overall, BRAC 2005 postures the Army in the best possible manner to meet the strategic and operational requirements of the dangerous and complex 21st Century security environment, and it clearly maintains our surge capabilities in both the operational force and the industrial base."

*Secretary of the Army Francis J. Harvey May 18, 2005*

## BRAC Timeline

- Connecticut officials testify before the BRAC Commission in Boston, July 6, 2005, in an effort to save Bradley and the Sub Base in Groton.
- The commission will forward its report on the recommendations to the president by Sept. 8, 2005.
- The president will have until Sept. 23, 2005, to accept or reject the recommendations in their entirety.
- If accepted, Congress will have 45 legislative days to reject the recommendations in their entirety or they become binding on the department.

## Death gratuity, SGLI increased

From Page 1

The services will also identify eligible survivors of service members who died in these designated zones and operations since October 7, 2001 and begin making the retroactive payments within a few days.

The process of identifying all eligible beneficiaries and completing these retroactive payments will take several months.

Survivors of members who did not die in a designated combat operation or combat zone, but were training for combat or performing hazardous duty, will also qualify for the increased benefits.

Circumstances that qualify include: aerial flight, parachute duty, demolition duty, diving duty, war games, practice alerts, tactical exercises, leadership reaction courses, grenade and live fire exercises, hand-to-hand combat training, confidence and obstacle courses, accident involving a military vehicle or military weapon, exposure to toxic fumes or gas and explosion of military ordnance.

No amount of monetary compensation or level of assistance can replace a human life. However, it is our country's duty to recognize the loss of a service member with dignified and appropriate support for the family members left behind.

These death benefit enhancements recognize the direct sacrifice of life of those service members placed in harm's way and in service to the nation.

All beneficiaries for retroactive payments will be contacted by mail or telephone. If someone is not contacted, but thinks he may be entitled to added benefits, he may inquire at the following addresses or telephone numbers:

Army: Department of the Army Casualty Operations at toll-free 1-800-626-3317.

Navy: Navy Personnel Command (PERS-62), 5720 Integrity Drive, Millington, TN 38055-6200 or call toll-free 1-800-368-3202.

Air Force: Air Force Personnel Center Casualty Services Branch at AFPC/DPFCS, 550 C Street West, Suite 14, Randolph AFB TX 78150-4216 or call toll-free 1-800-433-0048.

USMC: HQMC Casualty Office, 3280 Russell Road, Attn: MRPC, Quantico, VA 22134 or call toll-free 1-800-847-1597.

USCG: Coast Guard Personnel Services Center, 444 SE Quincy St., Topeka, KS 66683-3591; Phone 785-339-3570.

## Websites of interest

[www.brac.gov](http://www.brac.gov)

[www.defenselink.mil](http://www.defenselink.mil)

[www.ngact.org](http://www.ngact.org)  
(Click on 103rd  
FW/BRAC link)



# Uruguayan military visits Connecticut National Guard

1<sup>st</sup> LT. CELINE MARINI  
ASST. PAO

The Uruguayan Delegation visited Connecticut for a week in June. The Uruguayan Delegation consisted of four military officials; Capt. Roberto Kellner, who was the senior officer, Capt. Alejandro Eduardo Echevarria Faguaga, and 1st Sgt. Jorge Zaballa. Lt. Col. Matthew Anderson, United States Army Foreign Service Officer stationed in Uruguay escorted the Uruguayan soldiers. They arrived in Fort Picket, Va. to visit with the Connecticut National Guard's 1<sup>st</sup> Battalion, 102<sup>nd</sup> Infantry during its annual training. The 102<sup>nd</sup> was conducting company and platoon level training, field training exercise and advance marksmanship training.

The Uruguayan soldiers enjoyed the opportunity to watch the 102<sup>nd</sup> Soldiers train as much as the 102<sup>nd</sup> took pleasure in meeting them. Uruguay as a country is huge supporter of the world's peacekeeping missions. They understand and know what it is like to deploy, Zaballa and Kellner both have been deployed to Africa and offered some advice to the Connecticut National Guard Soldiers from their personal experience. The exchange of ideas and experiences that happens from these visits is beneficial to both sides. Once everyone is in the field together a soldier is a soldier no matter where you are from.

The delegation then continued on to Camp Rell this visit included having a chance to meet the adjutant general of Connecticut, Brig. Gen. Thaddeus Martin and the CTARNG chief of staff, Col. Mark Russo.

The Uruguayans also had the opportunity to get acquainted with American hospitality by enjoying some great cooking to include an outdoor bar-b-que complete with hamburgers and hotdogs.

The following day they visited the 192<sup>nd</sup> Engineer Battalion during their annual training at Stone's Ranch Military Reservation, Olde Lyme, Conn. The 192<sup>nd</sup> was conducting roadwork and horizontal construction training. The Uruguayans are hands-on soldiers and jumped right in asking the Connecticut Soldiers about their jobs, what materials they used, equipment, and how long it takes to get the job done.

The visit also included a walk through the Connecticut National Guard Leadership Reaction Courses in which the Uruguayans were ready and willing to try.

This five day visit to the United States had a tremendous impact with the Soldiers and everyone involved. This visit continues linking American States to other nations for stronger bilateral relations. This was an instrumental visit for both the Connecticut Guard and the Uruguayan Military.



(above) Cadet Gibinski, 192nd EN, briefs Capt. Kellner, Spec. Rios and Sgt. Alvez about the type of equipment used for this project. (Photo by 1<sup>st</sup> Lt. Celine Marini, Asst. PAO)

(to the left) Capt. Kellner and Capt. Echevarria at Stone's Ranch with the 192nd EN checking out the materials used for the building. (Photo by 1<sup>st</sup> Lt. Celine Marini, Asst. PAO)



# 248<sup>th</sup> works with civilian specialists to provide state

STAFF SGT. STEVE MARKOWSKI  
65<sup>TH</sup> PCH

Members of the 248<sup>th</sup> Engineer Company are back at work developing a site designed to help fellow Guard members train in Military Operations on Urban Terrain. At its annual training period in 2002, the company's vertical construction platoon began building a service station for the MOUT site, when the masonry work presented a new type of mission for the unit. Three years later, including a deployment to Southwest Asia, unit members have more experience in this type of work combined with more experience working together in various conditions.

For AT 2005 the vertical construction platoon's main mission was to construct what will be one of four residential-type buildings for the MOUT site. Like the service station that the 248<sup>th</sup> began building in 2002, current and future projects will be worked on by various engineer units from around the country as part of the ongoing "Task Force Husky" project.

For the construction of "Building #24" of the MOUT village, the vertical construction platoon of the 248<sup>th</sup> was augmented by members of the Facilities Engineering Section of Training Site Support Detachment, which is based at Camp Rell, and an Air Guard master sergeant whose experience from his civilian job has been extremely valuable to the platoon, several members of the 248<sup>th</sup> said.

Master Sgt. Henry Miller, of the 103<sup>rd</sup> Civil Engineers, based in East Granby, has been a member of the Bricklayers and Allied Craftsmen, Local 1, for 24 years. He is also a former member of the 248<sup>th</sup> Engineer Co.

While working with current members of the 248<sup>th</sup>, Miller has been able to offer his expert opinion on essential masonry tasks such as setting the corners on the inside and outside of the building, precisely aligning each

concrete block and obtaining proper consistency of the mortar used for grouting the blocks. Additionally, the union to which Miller has belonged for nearly a quarter century provided hands-on training that might not normally be available to them — unless they were members of that union.

"(The union members) taught the basics to the Soldiers," Miller said. "The whole idea was to get the training and the experience of having the trowel in their hands before they showed up for AT. That was extremely helpful"

The training was held at the union's facility in Wallingford, on drill weekends in March and April. The union provided this professional training at no charge.

Prior to that, the unit held similar training in the bays of the UTES garage near Stone's Ranch, but that was prior to the union members getting involved. Soldiers said that the training provided by Local 1 at an entirely different level.

"That was the best training I've ever received in the military," said Pvt. Alin Lisee, who has been with the unit for more than two years. He said that it was such a positive experience "because we were working with professionals so that we could be properly trained to do the job that we're doing."

"(The union members) facilitated the instruction as if we were apprentices," said Capt. Eric Hood, the officer in charge of the Facility Engineer Section of TSSD. "The training paid off and the troops are doing an outstanding job."

The MOUT village at the Connecticut Guard's training facility in East Lyme is styled after the one that the Army built at Fort Leonard Wood, Missouri. When the 248<sup>th</sup> Engineer Company began construction of the service station during its annual training period in 2002, it was the first time that unit members took part in that type of vertical construction. The masonry tasks were new

to the unit and a deployment to Southwest Asia interrupted the progress in developing the MOUT village at Stone's Ranch. While in Southwest Asia, the unit performed different types of work, such as developing long walkways out of concrete.

The Soldiers constructing Building 24 credited the training from the union as one of the reasons they were able to work at a quick pace during the 10 days they were in the field at AT 2005. Several also said that the experience of deploying to Southwest Asia helped them in many ways.

While setting concrete blocks for an interior wall Sgt. Daniel Campofiore and Spec. Tye Frazer used their trowels to spread mortar and checked each other's work to make sure the wall would be up to standard.

"Everything needs to be plumb and level," Campofiore said, as he and his colleague checked each other's work to make sure that basic requirement of masonry was met. As a full-time mason in his civilian job, Frazer has plenty of professional experience in performing the tasks necessary to construct buildings. However, he said that his assignment with the Guard offers something that the civilian sector does not have.

"(The work) is basically the same, but there's more camaraderie here," Frazer said, adding that his friendship with Campofiore is an example of the type of bond that can be formed while serving together in a hostile fire zone. "We were together in

Iraq, so we know each other pretty well. There's a bond here that you don't get in other jobs."

The members of the vertical construction platoon, 14 people counting those augmenting the 248<sup>th</sup>, worked 10-hour shifts. The unit estimated that the Soldiers placed and set 145 – 155 blocks per day. Remaining hydrated in the Connecticut heat wave was an important consideration.

"We also make sure that those laying the blocks get plenty of rest, because laying block is very tiring," said Pvt. Ryan Kania of the 248<sup>th</sup>. He said that laying the block for the base of the building is easier (than for the walls). Once you get up to where the windows go, it takes more time."

The concrete bases for the buildings could be put in place only after the horizontal construction platoon of the 248<sup>th</sup> cleared the land for the MOUT site, which is on approximately one acre on the area of Stone's Ranch known as Pump House Hill. Huge rocks had to be moved away from the area where the residences are being built, so an industrial strength rock crusher could be used to break the boulders into smaller, more manageable pieces and then hauled away.

The MOUT site at Stone's Ranch is expected to be completed within three or four years, with various units such as the 248<sup>th</sup> Eng. Co. performing their annual training missions under the auspices of Task Force Husky. The federally funded project draws various Reserve Component units to the Connecticut facility to perform real-world engineering missions.



Spec. Jose Santos mixes in portland cement to make the mortar that will be used as grout and reinforcement cement in a residential building at the MOUT site at Stone's Ranch. (Photo by Staff Sgt. Steve Markowski, 65<sup>th</sup> PCH)



Pvt. Sara Larkin and Sgt. Jerry Santos use mortar to grout cement blocks and to keep reinforcement rods in place for the walls of a residential building. (Photo by Staff Sgt. Steve Markowski, 65<sup>th</sup> PCH)



# of the art training facility for fellow Guardsmen



Clockwise from top:  
Members of the vertical construction platoon of the 248<sup>th</sup> Engineer Company distribute mortar that will be used to grout concrete blocks.

Sgt. Daniel Campofiore (left) and Spc. Tye Frazer check each other's work as they construct an interior wall of a residential-type building on the MOUT site at Stone's Ranch.

Sgt. Jerry Santos pours mortar into concrete blocks that are part of an outside wall of a residential building at the MOUT site. (Photos by Staff Sgt. Steve Markowski, 65<sup>th</sup> PCH)



Pvt. Sara Larkin uses a trowel to spread the proper amount of mortar between concrete blocks on the wall of a residential building during annual training at Stones' Ranch. The building will be one of several in the MOUT site. (Photo by Staff Sgt. Steve Markowski, 65<sup>th</sup> PCH)



# Experiencing the beauties of Iraq amidst the war

STAFF SGT. GERARD EJ BESSENAIRE JR.  
1<sup>ST</sup> PLT, 141<sup>ST</sup> MEDCO  
FOB SPEICHER, IRAQ

Hello from Qatar!

I was lucky enough to participate in the Fighter Management Pass Program (FMPP) for theater Soldiers here in Qatar. I started my adventure with a Blackhawk gunship ride from FOB Speicher to LSA Anaconda. The nap of the earth, roller coaster ride, with the doors open, reminded me of my old days with the 1/17th Cavalry. It also provided an unmatched view of the country. The door gunner pointed for me to lean out to see the waving, smiling people that most likely picked up weapons after we flew over them.

I arrived at the Catfish Air terminal and was bussed to the Balad Pax terminal. There I was processed, along with all the R&R personnel, FMPP participants, and transient civilian travelers. I was mustered for a C17 Galaxy Jet liner and left the airport in an impressive steep climb, followed with a tight corkscrew, until we achieved altitude. The ride was filled with conversation with Soldiers from other FOBs looking forward to our first break from the stresses of theater operations.

It's getting hot in this part of the world (110 F) and the introduction of humidity from a coastal country was like a wet blanket on my face. The travel process started at 0700 and we arrived for a briefing at 2300... a long day. There was signing out of linen and cot assignments followed by a well deserved sleep.

The base is serviced well by shuttle busses to the interests on base. There's a huge pool, fast food trailers, and a couple of clubs for socializing. The taste of a cold beer was a ranking thought among all of us. The opportunity to relax was interpreted by some as time to read, sleep, work out, watch movies, or wait until 1800 for the cold beer. Conversation was dominated by the "job" and what everyone will be doing when they get "back to the world." I met a lot of interesting Soldiers, Airmen, Sailors, and Marines from all over theater and we agreed that cold beer rocks.

The opportunity to get off the base into the country was still severely limited due to security threat levels. My group was the first to be offered sponsors since April but no venues were in place yet. I seized the opportunity and found a sponsor, a permanent party officer, who helped me get to the downtown area to see the Cornish.

This is a park type area on the water that has a walking path, monuments, and a view of the sea, yachts, cruise ships, traditional Doha and new construction of brightly colored buildings. This area also has breathtaking scenic views of blue sea water. I saw the ruling Emir's palace and it's waterfalls were flowing, signaling that he was in the country.

The native families get a monthly stipend from the country and they spend part of their day spending that income. Prayer, work, and family complete the daily activities.

I then arrived at a four story, modern shopping mall that was the largest I've ever experienced. The goods offered reflect the affluence of the city. One's status is shown with the purchases of cell phones, sunglasses, and watches and the total cost of these three items rival my annual salary. The mall was filled with the sights and sounds of families strolling and musing purchases.

The resident city males dress in starched white robe and headdress attire while the Bedouin males had a red checkered headdress, signaling they were tougher by choosing to live out in the desert away from the city's comforts and conveniences.

The females were dressed in black robes and headdress although married females show their eyes only with permission of their spouses. Children are well behaved. It's considered an insult to photograph as well as talk to the women and children because we are strangers. I found the people just as curious about me as I was about them. Bowing my head while holding

my right hand on my heart was an acceptable response to greetings.

I went next to a large plaza that had a parking lot the size of my armory. It was good to see how regular people shop for their daily needs. I saw public as well as private mosques. I saw many single family compounds the size of a hospital as well as the living conditions of the hired help in the crowded slums. Three quarters of the population is hired help as the natives don't need to perform services due to their wealth. The country has vast oil and natural gas deposits driving their economy. This revenue is fueling a booming construction industry and in preparation for the hosting of the Asian Olympics next year.

Crime is not in your best interest here as they still chop off a hand as punishment for theft. A common sentence in their prison is 25 years and they aren't responsible to feed you so you better have family on the outside. After your time is served, you will be deported as an undesirable and not be allowed to return. This is an incentive for

respecting others and it makes for a nice city setting. The exchange rate is favorable as one US dollar is worth 3 Qatari Rial.

The local Souqs are in the old city open markets. I chose to pursue the gold souqs looking for deals on gold and pearls. Fishing and pearls were the country's valued source of commerce before the oil industry. The gold was used for women's wealth as insurance since they weren't allowed to have bank accounts and gold jewelry is considered their property. There is great value in the design and workmanship and you pay little over the market weight of the jewelry. If you can't find what you want, they'll make it for you.

I was amazed as to the color, grade, and sizes available for pearls. I made my purchases and got an even a better deal when I bargained. They were pleased to haggle with a skilled Yankee trader. Again, respect for the old ways paid off with purchase value I can't find back in the states. My rear detachment commander (wife) will be pleased with her new gifts.

Another night was spent with a retired SEAL Team member that is now a DOD contracted employee. He sponsored my night out and we went to his contractor-provided villa and I had a pleasant night with his family. Afterwards, we had some drinks and found we had known some of the same people back when we were on the "Teams."

The Special Forces community was a tighter group back then and now groups have grown in numbers due to the size of all branches of service. We toasted our status as "FOGS" and he brought me back to the base. It was a very pleasant time with "Whitestar," his Cherokee given name. I look forward to seeing him on his island in the Philippines when we both retire.

Still feeling the need to maximize my experience, I was sponsored by a GS15 civilian for my last night out on the city. I saw more of the city with a trip to Doha's Harley Davidson Dealership for my souvenir tee shirt and the Maserati Dealership to contemplate...hmmmm "what it would take to get me in this car" as the sales pitch goes. This is a great deal for only \$200,000. It's not uncommon for some families to buy a new one each year while other, more sensible families fill their driveways with luxury cars (top of the line Mercedes, Porsche, Audi, etc.) I strolled around the Cornish again, letting the beauty soak in until it was time to return to base.

All too soon, I was on a C130 headed back from Qatar to FOB Speicher via Mosul, Iraq. I am thankful for the opportunity to travel and the experiences acquired from this trip to Qatar.

It was back to the war for this Soldier to brief others as to what is available for their time on FMPP. Until next time....I'll keep my head down.



One of the many mosques in Iraq. (Photo courtesy of Staff Sgt. Gary Bessenaire, 141st Med Co.)



# A heartfelt welcome home, 30 years after the fact

## Vietnam Veterans receive heroes welcome in rural Connecticut

Sgt. 1st Class Debbi Newton  
State PA NCO

The applause and thank you's were as warm as the weather when hundreds turned out to say a belated welcome home to Vietnam Veterans at the Goshen Fairgrounds in June, 30 years after U.S. troops left war-torn Southeast Asia.

"There was never anything like this when we came back from Vietnam," said one of the event's organizers and Vietnam Veteran, George Schuster. Schuster served as a Navy Seabee during the war and is the financial officer of American Legion Post 46. "It wasn't like coming home today from a tour in Iraq or Afghanistan where Soldiers are welcomed. We just came back and went on with our lives."

Schuster and American Legion Post 38 Commander Len Dube discussed holding a welcome home tribute celebrating the 30-year anniversary of the end of U.S. involvement in the war after attending a funeral, and began preparing the event in March.

Schuster said donations from the Torrington American Legion Veterans, Torrington Seabees and the Torrington Veterans of Foreign Wars Post covered the cost of the event, which was free to the public.

Col. Dan McHale, commander of the 85<sup>th</sup> Troop Command, Connecticut Army National Guard, and Command Sgt. Maj. Duane Haverstock, also of the 85<sup>th</sup> Troop Command, and both Vietnam Veterans, spoke to the gathered crowd during the opening ceremonies.

"It is indeed a tremendous honor and a humbling experience for us to stand before you and be able to participate in this welcoming home ceremony," said McHale. "It is a very well deserved and long overdue celebration for our Vietnam Veterans and a time to remember our 58,000 fallen comrades.

"Lest we forget...how then do we remember? How do we bring closure within ourselves? How do we honor those that did not come home? Or came home broken and bent in body and spirit? We do...by supporting and honoring our Soldiers. We do by having a Welcome Home Ceremony like this one."

McHale reminisced with his fellow Servicemembers in the gathered crowd about what it was like when they returned. As he spoke, one could see the tears or pain and understanding in the eyes of the Veterans and those that had lived through those turbulent times.

"Remember we came home to resentment and antagonism, and in many cases, hostility," said McHale. "We were told to quickly get out of our uniforms in order to avoid confrontations in the airports and on city streets. No wonder it has taken so long for many of us to even want to talk about the war. But talk we must, for we are living witnesses, and if we are silent, others will continue to spin a version of the truth that best suits their personal or political agenda. We

must dispel the myths that have grown up about the war. It's up to us to continue to dispel the myths. Things have changed. Soldiers are cheered when they're traveling through airports and are proud to wear the uniform again. That is the consciousness that came out of our sacrifice. Support the troops, regardless!"

Also part of the day's events were proclamations, special guests, bands, Connecticut Rolling Flags, a military flea market and various military jeep and truck displays.

Many people gathered around the Connecticut Rolling Wall, prominently displayed near the band shell of the fairgrounds. The Connecticut Rolling Wall is a smaller version of the Vietnam Veterans' Wall in Washington, D.C. that displays the names of all of Connecticut's sons and daughters that died while serving their country during the Vietnam War.

"To the Vietnam Veterans here today, I say you are all heroes," said McHale. "Heroes who faced the issues of this war including your own possible death, and after weighing those concerns against your obligation to your country, you decided to serve with honor.

"In the words of a timeless phrase found on the Confederate Memorial in Arlington National Cemetery, 'Not for fame or reward, not for place or rank, but in simple obedience to duty, as they understood it.'

"After all, for the men and women who wear the uniform, it's all about who's on your right and who's on your left that's important."



Flags fly high above the fairgrounds during the Vietnam Veterans' Welcome Home ceremony. (Photo by Sgt. 1st Class Debbi Newton, State PA NCO)



Col. Dan McHale and Command Sgt. Maj. Duane Haverstock were two of the speakers at the Welcome Home ceremony. (Photo by Sgt. 1st Class Debbi Newton, State PA NCO)



## 118th receives Freedom Salute

Soldiers of the 118th Medical Battalion stand in formation during a formal welcome home ceremony at the Newington armory June 26. Members of the unit were awarded a variety of medals for their service in Iraq in support of Operation Iraqi Freedom. During their deployment, the unit was stationed at many locations throughout Iraq and treated more than 100,000 U.S. and coalition soldiers, enemy prisoners of war and Iraqi civilians. (Photo by Staff Sgt. Carolyn A. Aselton, 103<sup>rd</sup> FW PA NCOIC)



# Connecticut Guard receives environmental award

1st Lt. CELINE MARINI  
Asst. PAO

The Connecticut Department of Environmental Protection (DEP) recognized the Connecticut Army National Guard for outstanding volunteer environmental projects that contributed to or improved the quality of the environment for the State of Connecticut. DEP Commissioner Gina McCarthy and Deputy Commissioner David K. Leff presented the awards at a ceremony June 23 at Sessions Woods, Burlington, Conn.

The GreenCircle Award Program which began in 1998 has presented more than 750 awards to schools, institutions, civic organizations and individuals who, through the years, have made positive contributions for over 1,100 projects promoting natural resource conservation and environmental awareness.

The focus of the program was to honor environmental conservation, education, outreach and cleanups.

"Today's GreenCircle award recipients have made environmental conservation a priority in their everyday programs and work. Through their enduring commitment to Connecticut's environment, and their countless volunteer hours, they have contributed to improving the quality of life for the residents of this great state," said Gina McCarthy, Commissioner of the DEP. "All types of folks are involved in GreenCircle efforts, from the private or public

sector, for projects large or small, individuals, businesses and non-profits alike, all have a strong interest in improving the environment in Connecticut and are dedicated, motivated people who work hard to make a difference in the lives of those around them."

The following individuals were recognized from the CTARNG for promoting pollution prevention, waste reduction, natural resources conservation and environmental awareness: Melissa Toni (Natural Resources Manager), Diana Marini (Contract Specialist), Lt. Col. Gerry Lukowski (Facilities Management Officer), and Capt. Tom Bordner (Environmental Specialist).

The CTARNG was awarded the GreenCircle Award for all of the hard-work in implementing habitat enhancements for fish and wildlife on Stone's Ranch Military Reservation, Olde Lyme, Conn.

The CTARNG initiated a Land Restoration Project to restore two large areas of exposed soil at Stone's Ranch Military Reservation in East Lyme to reduce erosion, restore grassland habitat, and enhance biodiversity. These sites were unvegetated and exposed soil was being washed into adjacent wetland areas during storm events, causing an increased sediment load to wetland adjacent to the Four-Mile River.

The project involved the installation of silt fencing and the regading of existing dirt bridge abutments at a two acre site. On a separate three acre site autumn olive was mechanically removed. Both sites required



*Present to receive the Green Circle Award Melissa Toni (Natural Resources Manager) and Lt. Col. Gerry Lukowski (Facilities Management Officer). Not present were Capt. Tom Bordner and Diana Marini. The award was presented by Gina McCarthy Commissioner of the Connecticut Department of Environmental Protection (DEP). (Photograph by 1st Lt. Celine Marini, Asst. PAO)*

the spreading of four inches of topsoil, blending topsoil with the existing substrate, and revegetating exposed soil with an upland grassland seed mix. All existing trees and shrub areas remained untouched. Funding for this project was granted by the National Guard Bureau.

## DoD launches sexual assault prevention Web site

JIM GARAMONE  
AMERICAN FORCES PRESS SERVICE

Servicemembers who are victims of sexual assault or who need information on the DoD policy on preventing sexual assaults can find the information at a new Web site.

The site, launched by Joint Task Force Sexual Assault Prevention and Response, is basically a consolidated place to go to for information, said Air Force Brig. Gen. K.C. McClain, the commander of the JTF.

The site has links to all the services' Web sites related to the sexual assault issue. It spells out what people can do if they are victims of sexual assault, the general said.

The designers of the new site, which went live this week, had to name the site with the initials of the organization — [sapr.mil](http://sapr.mil) — rather than something like "sexualassault.mil" because too many firewalls would block out a request under that name, the general explained.

The site is more than just a reporting site. If an individual has questions about the policy, the answers are available on the Web site. "Because it is a DoD site, one could access this one site and get the overarching information," McClain said. "Since we link to the service Web sites, an individual could get that information, too."

If a commander or a first sergeant has questions, this site should provide the answers, but if not, they can send an e-mail via the site and a Joint Task Force member will answer.

McClain said the group already is thinking of improvements. "We will add other things as we get them done," she said. "We're readying a commander's checklist on sexual assault prevention, for example."

## Governor Rell announces Information Satellite Office for Veterans in several towns

Governor M. Jodi Rell has announced additional services for Connecticut veterans at an office location in **Bristol**. The office is located in the American Legion Post building at 22 Hooker Court.

"Starting on July 5, this office will be open on the first Tuesday of every month between the hours of 1 p.m. to 4:30 p.m.," Governor Rell said.

"The office will be staffed with a Veterans Service Officer. Our goal is to make it more convenient for our veterans to receive the services, benefits, and information they need. From helping veterans with their VA claims and medical referrals to informing them of the many available state and federal benefits, these offices should help a great deal."

The Governor has also announced new satellite offices for veterans in Torrington, Groton, and Shelton.

New offices will also be opening in Manchester, Old Lyme, and West Hartford.

"These offices will make it more convenient for our veterans to receive the services, benefits, and information they need," Governor Rell said.

"From helping veterans with their VA claims and medical referrals to informing them of the many available state and federal benefits, these offices should help a great deal."

The new offices are as follows:

Electric Boat Corporation's **Groton** facility on Eastern Point Road will serve all employees who are veterans. It will be open every fourth Tuesday of every month between 11 a.m. and 3:45 p.m.

The **Shelton** Senior Center on 81 Wheeler Street will be open on the fourth Tuesday of every month between the hours of 2 p.m. and 4 p.m.

An office in the **Torrington** Parkade at 486 Winsted Road, off of Route 8 will be open the third Tuesday of every month between the hours of 1 p.m. and 4 p.m.

In addition to the satellite offices, Governor Rell said she was pleased the Legislature approved a package of benefits she recommended to assist Connecticut's

veterans, servicemen and women and their families. In addition to the satellite offices, Governor Rell said she was pleased the Legislature approved a package of benefits she recommended to assist Connecticut's veterans, servicemen and women and their families.

The package includes:

- Exempting half of veterans' military pensions from the state income tax
- Dramatically increasing the "death benefit" for Connecticut residents activated to serve in conflict. Families with young children, for instance, would receive \$100,000, plus \$50 a month per child, until the children reach the age of 18.
- Providing bonuses of \$50 a month to activated National Guard troops serving in Southwest Asia.

"Our veterans are Connecticut's heroes," Governor Rell said.

"They have made and continue to make this state and this country great. The Rell Administration will never forget the sacrifices they have made."

### HANDYPERSON HOTLINE

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## Fighter Wing holds commencement exercises

2ND LT. JEFFERSON S. HEILAND  
DEPUTY PUBLIC AFFAIRS OFFICER, 103RD FIGHTER WING

Several members of the 103rd Fighter Wing who completed studies in the Community College of the Air Force (CCAF) were awarded diplomas at a ceremony at the Bradley Air National Guard base June 4. An audience of family, friends, co-workers, and dignitaries attended the event in support of the graduates.

Brig. Gen. Daniel R. Scace, deputy director, Joint Force Headquarters, Connecticut National Guard, provided words of encouragement as he filled the role of guest speaker. Scace also charged the graduates with three challenges.

"First, get one other person to enroll in and graduate from the CCAF. The second challenge to you is to get one person to enlist (in the Air National Guard)." Lastly, "use your education to become a better person and to help make the Air National Guard better," he said.

Scace has served in many capacities at the 103rd Fighter Wing, the last as Wing Commander until assuming his current duties at Joint Force Headquarters in July, 2004.

Tech. Sgt. Michelle M. Wink, information management craftsman, 103rd Mission Support Flight, identified some obstacles that

she had to overcome while earning the credits necessary to complete her degree in information management.

"It's a great accomplishment to work through all the personal commitments in family life, as well as working a full-time job," she said. Wink also stressed the importance of accomplishments in education. "I encourage everyone to at least try. Enroll in CCAF and take advantage of it, at least for one class at a time," she said.

Another graduate, Senior Master Sgt. Henry Ruszczyk, base education training manager, 103rd Base Education, recognized the value of a CCAF degree.

"I think it's a huge benefit considering that you are receiving college accreditation through learning your job...there's no better or easier way to achieve an associate's degree, especially after attending (and receiving credits for) technical school, which is a requirement," he said. Ruszczyk also cited a benefit outside the military. Earning the degree "shows your civilian employer that you are committed to pushing forward, as education never really ceases...that you are committed to a goal and that you attain it," he said.

Created in 1972, the Community College of the Air Force provides academic



Attendees of the CCAF graduation ceremony held here June 4, enjoy post-commencement refreshments courtesy of the 103rd Services Flight. (U.S. Air Force photo by 2nd Lt. Jefferson S. Heiland)

recognition to technical training conducted by Air Force schools. The CCAF is the largest community college in the world with more than 367,000 students registered and is the only community college in the Department of Defense.

The college offers 67 degree programs corresponding to five general areas of Air

Force occupations. Each degree program consists of 64 semester hours and combines Air Force education and training with a core of general education requirements transferred from civilian education sources. More details are available at the CCAF web page, [www.au.af.mil/au/ccaf](http://www.au.af.mil/au/ccaf)

## Soldiers, Airmen hit the small screen to promote National Guard

OC JESSE J. STANLEY  
65TH PCH

The Connecticut National Guard has ventured into new territory, and it's not on the battleground or in airspace.

A new television show, "Our Connecticut Guard," is a half-hour cable access show featuring our many different units and is airing monthly on 39 cable stations across the state.

"We are trying to show the public who our members are and what they are doing," said Staff Sgt. Carolyn A. Aselton, the show's producer. She and assistant producer, Allison Joanis, a civilian, have put out four shows thus far.

"It is good to make the public aware of what the National Guard is doing," said Joanis. "I have learned a lot about the Guard while working on the show."

The duo travels all over Connecticut and beyond with their cameras and microphones covering everything from departures and homecomings to annual training.

Aselton, who lives in Glastonbury, is a 13-year member of the 103rd Fighter Wing where she is the public affairs NCOIC.

"In the few short months we've been in production, we have met a lot of great people, heard a lot of good stories and are learning quite a bit about the different units," she said. "I love when a source lets his personality shine and tells stories that really make our pieces come alive."

As does the Connecticut National Guard, the TV show has a dual mission.

"First, it's news—telling the Guard story and second, it's a recruiting tool to pique the interest of potential members who are watching," said Aselton.

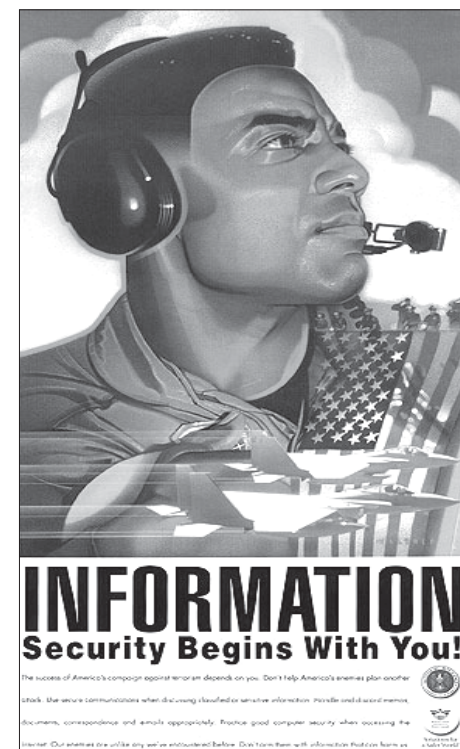
The biggest challenge for the producers, Joanis said, was editing, because both she and Aselton come from primarily writing backgrounds. They have built the show from scratch and are learning and improving with each episode, she said.

"As we get more comfortable with the equipment, the quality of the show is improving and the shows are getting more interesting," said Joanis. "We are trying to show a lot more of the action and excitement."

The stories on the show are as diverse as the Guard.



Staff Sgt. Carolyn Aselton, *Our Connecticut Guard* producer and Allison Joanis, assistant producer, can be seen filming at many events across the state for the TV show. (Photo by OC Jesse Stanley, 65th PCH)





# The road to West Point travels through Kuwait

**SGT. 1<sup>ST</sup> CLASS DEBBI NEWTON  
STATE PA NCO**

Christopher Rivers has always been a young man who knows what he wants and he hasn't been afraid to work for it. By his own admission, he's always "been pretty determined" once he makes up his mind about something.

He wanted to be an Eagle Scout, and achieved that goal. While working his first job at a Boy Scout camp, a retired Navy Seal he worked with piqued his interest in the military.

When he decided to join the National Guard, he went home and told his parents who asked him if he was sure. He said yes. But he had to loose 65 pounds to pass the entrance physical.

Once again, his determination stood him in good stead, and he lost the 65 pounds. He was still in high school then and after completing Basic between his junior and senior years, was assigned to the Split Option Training Company until he left for his Advanced Individual Training.

He realized how much the military had to offer him and decided to apply for West Point.

He said that loosing the 65 pounds to get into the Guard had been a good thing for him, and that the military had taught him discipline and he realized he wanted to attend West Point.

While still in high school, Rivers put together his application packet and waited to hear if he had received an appointment to West Point or not.

He said he was nervous because West

Point was the only school he applied to. He was absolutely certain he would get in.

He did not receive the appointment. But that only made him more determined than ever.

"I knew I could do it," he said matter-of-factly when asked what made him think he still had a chance of getting in after not having made it the first time. So he began putting together his second packet.

Now a fully qualified Human Resources Specialist in the 208<sup>th</sup> Personnel Services Detachment of the Connecticut Army National Guard, and a Combat Lifesaver, Spec. Rivers received word that his unit was being mobilized and sent to Kuwait in support of the Global war on Terrorism.

Even that news did not stop the determined young Soldier.

He took the beginnings of his second West Point application packet with him to Kuwait, completed it there and sent it in.

"Everyone in the unit knew what I was doing," said Rivers. "They all checked the mail every day to see if 'the envelope' had arrived." Then one day it did.

Rivers had been accepted to the West Point Preparatory School in New Jersey, where he would spend a year before moving on to the United States Military Academy at West Point.

Rivers plans on majoring in either physics or chemistry when he gets to West Point. He says he has always been mathematically oriented and has always liked the sciences. He has even translated those natural abilities into a three-year part time job as an EMT with a paid ambulance service.

And while he has achieved much through his determination, he is quick to point out that

there have been many that have helped him along the way: his parents for understanding his determination and never saying 'no' to him; the retired Navy Seal he worked with at Boy Scout Camp who first introduced him to what the military could offer; his unit members, especially Spec. Therrien (his teacher) and Spec. Deveau, his English whiz; and all those who supported him along the way.

When Rivers received his West Point acceptance letter, he was sent home early from Kuwait to get ready for the in-processing at West Point. While home, he attended a party with some of his old high school friends and came to some realizations about his life and the military.

"The military is a great opportunity for anyone to succeed," Rivers said after attending the party.

"I got to experience so much more in the past couple of years than they probably will in a lifetime. I've spent time living in a country where English is not the first language. I've lived in a combat zone, carrying a weapon and wearing Kevlar everywhere I go. I've experienced the Middle Eastern mentality and had to learn how to deal with the local people. In some ways, it seems like they (his high school friends) are still kids."

Rivers did not say that in a derogatory way – he meant it as a compliment to the military.



*Spec. Christopher Rivers*

"If you are even thinking about joining the military, then do it," is the advice he said he would give anyone thinking about joining the military.

And what's the one piece of advice Rivers has received since being accepted to West Point that he plans on carrying with him? He says it came from one of his unit members before he left Kuwait.

"Remember where you came from."

He came from the Connecticut National Guard via Kuwait and he's headed to West Point.



## Savino appointed to City Council

*Anthony V. Savino, retired State Command Sgt. Maj. of the Connecticut Guard, was appointed to fill an unexpired term on the Bristol City Council. Savino was sworn in at City Hall by his daughter, Cathy, in front of family and friends. He says he is looking forward to the opportunity to serve the city and districts he represents in Forestville and Bristol. (Photo by Sgt. 1st Class Debbi Newton, State PA NCO)*



# Connecticut Military Department News

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## 1<sup>st</sup> Co. GFG attends AHAC anniversary celebration in Boston

STAFF SGT. MICHAEL CHIARO  
FIRST COMPANY GOVERNOR'S FOOT GUARD

On June 6, members of the First Company Governor's Foot Guard of Hartford, under the command of Maj. Dennis Conroy, attended the 367<sup>th</sup> June Day celebration of the Ancient and Honorable Artillery Company of Massachusetts (AHAC).

Every year on the first Monday of June, the AHAC celebrates its anniversary with a ceremonial drum head election for the new Captain Commanding.

Leading up to the election Centennial Legion Units parade from historic Faneuil Hall, through the streets of Boston to a church service and reading of a necrology then on a battalion formation on Boston Common comprised primarily of military units of the Centennial Legion.

On the Common, following remarks for Massachusetts Governor Mitt Romney, newly elected officers of the AHAC were announced with a resounding artillery salute that echoed off the skyscrapers of Boston.

The entire formation marched back to the Park Plaza hotel for an evening banquet. Also in attendance representing Connecticut were members of the Second Company Governor's Foot Guard of New Haven and the First Company Governor's Horse Guard of Avon.



*The 1st Co. Governor's Foot Guard traveled to Boston on June 6 for the Ancient and Honorable Artillery Company (AHAC) of Massachusetts' June Day Celebration. Members of the Company stand in battalion formation on Boston Common. (Photo by Staff Sgt. Michael Chiaro)*



*Members of the Foot Guard band visiting with passers by around Faneuil Hall prior to the parades. (Photo courtesy Sgt. Mark Boudreau, 1GFG)*

## Horse Guard helps Boy Scouts earn Horsemanship Merit Badges



*The 1st Company, Governor's Horse Guard helped six Boy Scouts from Troops 20 and 29, Bristol, earn their Horsemanship Merit Badges over a seven week period this past spring. The Boy Scouts take time out for a photo on the horses they worked with while earning their badges. (Photo courtesy Cpl. Mark Bernier, 1st Co. GFG)*





Staff Sgt. John Sanchez and Pfc. Mark Pinzon assume good unsupported firing positions along a road at Fort Devens. Some Soldiers provided cover while other Soldiers continued across the training lane during squad tactics. (Photo by Spc. Jordan E. Werme, 65<sup>th</sup> Press Camp)



(Right Photo) Pfc. Michael Siddell, a combat life saver with the 143<sup>rd</sup> FSB, prepares to do a "live stick" field I.V. during annual training at Fort Devens. Spc. Thomas King acts as the simulated casualty and receives a bag of saline solution to provide the most realistic training possible for his team's CLS. (Photo by Spc. Jordan E. Werme)



Staff Sgt. John Sanchez, a squad leader with the 143<sup>rd</sup> FSB, leads his team through the trees at Fort Devens. Both teams within each squad have been assigned with secondary duties, such as combat life saver and engineering specialist, as part of advanced Soldier training. (Photo by Spec. Jordan E. Werme, 65<sup>th</sup> PCH)

# 14 Val take to

OC JESSE J. STANLEY  
65<sup>TH</sup> PCH

In today's conflict regardless of Military versed in all soldiering (FSB) has spent the la MOS. They have Multifunctional Squa training they put thos "This is a validation said 1st Sgt. Todd W handle any task put b The unit has trained or communications s communications sp designated marksman specialist. To do this National Guard.

"Over the last year infantry tactics, engin units," said Lt. Col. Lo also in turn made our lifesaving."

During their AT the the field. They ran dismantled.

The Squad received They maneuvered ta react to several eve included reacting to s to unexploded ordi transporting a casual

Each lane took an covering 1500 meter mounted lane.

The Soldiers were v they had spent so mu

"This training is as said. "We have smol putting real IV's in th

Siddell, who is a sig life saver in his squa

"I am really glad t should have basic co who knows how to d should know what to

"I believe this will r Pvt. Travis Berquist s might not know how

"This training is ab our job in any enviro the warrior ethos. Eve supply specialist or a first and foremost."

The 143rd FSB, hav are an example of the facing in the field toda mission, but also tack



# 3rd FSB: Validated to be the fight at the front

As the lines become blurred and all Soldiers, Occupational Specialty (MOS,) need to be well rounded in skills. The 143rd Forward Support Battalion last year training its squads to do more than their traditional job. They have been preparing to be validated in their Multi-Functional Training (MFST) and during this year's annual training to use skills to the test.

"We have everything we have trained up to this point," said Pfc. Michael Siddell, 143rd FSB. "With this training they can be prepared for them."

They trained their Soldiers to be more than ammo specialists. Each squad now has a medic, a specialist, an engineering specialist, a squad leader, a combat life saver and an indirect fire support. They have learned to lean on other units in the Connecticut National Guard.

For we have imported subject matter experts in engineering, artillery and communications from other units. Said Pfc. Boyden, 143rd FSB Commander. "We have a lot of services available to train other units in combat."

Soldiers of the 143rd FSB practiced their skills in two training lanes, one mounted, the other dismounted.

They had a mission and had two hours to prepare for it. They moved tactically along the prescribed route and had to react to various threats. Some of the things they were tested on were reacting to sniper fire, calling for and adjusting fire, reacting to an ambush, treating and calling in a medivac.

They were given anywhere from two to four hours to complete, depending on the lane or several miles in the field.

They were very excited to be in the field practicing the skills they learned in the classroom.

"It's as real as they can make it," Pfc. Michael Siddell said. "We use live grenades, are firing blanks and I am even acting as a casualty."

Each specialist in the unit, is trained as the combat medic.

"We have this training," Siddell said. "Everyone has to have communication and medical skills. If the person in the squad is injured or killed, someone else has to be able to do it."

"We really prepare us to be ready to perform our jobs," said Pfc. Boyden. "The training is extremely important. You have to be able to react otherwise."

Without survivability and combat skills needed to do the job, said Pfc. Boyden. "It is about lethality, it is about being a Soldier first, yes, you may be a medic, but you have to be ready to be a rifleman."

After going through the training and the validation, they are the finest in training and preparation for what we are facing. They are prepared to not only do their primary job but anything thrown at them in the field.



Spec. Thomas King is treated by his squad in the simulated evacuation site at Fort Devens. King was a simulated casualty during squad training and received a live I.V. in the field from a combat life saver. (Photo by Spec. Jordan E. Werme, 65<sup>th</sup> Press Camp)



# Recruiting & Retention: Mission One

## Retired chief master sergeant joins 103<sup>d</sup> Fighter Wing

LT. COL. PAMELA K. TITUS  
JFHQ-CT PIO

A retired chief master sergeant was sworn into the Connecticut Air National Guard by Brig. Gen. Thaddeus J. Martin on Friday, June 3, to serve as the Superintendent of the Maintenance Operations Center for the 103<sup>d</sup> Fighter Wing.

Sworn in on his youngest daughter's thirteenth birthday, Chief Master Sgt. Daniel F. Dooley joined the 103<sup>d</sup> FW with 26 years of experience and leadership.

Dooley is taking advantage of a new program that allows retired members of the military to come out of retirement and serve the country again during the war on terrorism.

"I love the Air Guard and its mission and that's why I came back to it. There's nothing more satisfying to see its members spin up and see what they really can accomplish," Dooley said. "To me it's really exciting to help people to do it."

Enlisting out of Albany, N.Y. after graduating high school in 1979, Dooley started his career with the Air Force in aircraft maintenance.

"My father died when I was a high school senior," said Dooley. "I was looking for direction in life while not being a burden to a mother with nine children."

"When I went in, I never intended on staying in," said Dooley. He completed eight years on active duty.

He immediately joined the Massachusetts Air National Guard, 102<sup>nd</sup> FW, Otis, Mass. in an AGR slot as a technical sergeant serving as a crew chief for F-15's. Most of his time

with the 102<sup>nd</sup> was served at Loring AFB, Maine, where he was promoted to master sergeant.

In 1994, Dooley transferred to the New York Air National Guard at Griffis AFB, N.Y. He served four years on the newly assigned Guard mission of Northeast Air Defense Sector.

He then was part of a team that pioneered one of the original Civil Support Teams which is located in Scotia, N.Y. He served on the team for three years and during the assignment Dooley was promoted to senior master sergeant.

Shortly before the September 11 attacks, Dooley transferred back to the NE Air Defense Sector, became a traditional Guardsman, was promoted to chief master sergeant and took a civil service position as a civilian Logistics Group Directorate Chief at Griffis AFB, N.Y. He served in this role until January 2005, when he retired from the Active Guard Reserve program.

On September 11 as part of a CST team, he was dispatched to the World Trade Center for several days to evaluate the environment for the site's first responders.

The last three years he has also served in an additional role as an Air National Guard Liaison with the National Guard Bureau, deploying with IG teams to defuse situations related to all areas of maintenance during an inspection, if needed.

It was in this role performing a staff assistance visit that he met the people of the 103<sup>d</sup> FW, while the wing prepared for the May 2004 Operational Readiness Inspection.



Brig. Gen. Thaddeus J. Martin, adjutant general, swears Chief Master Sgt. Thomas Dooley into the 103<sup>rd</sup> Fighter Wing. Dooley had retired from the military, but came back in under a special program that allows recent retirees to return to duty. (Photo courtesy of Lt. Col. Pamela Titus, JFHQ-CT PIO)

Dooley can attribute his enlistment in the CTANG from a retired status to Brig. Gen. Martin, and Chief Master Sgt. Patrick Wheeler.

"I saw the need for the organization and the A-10 community to see other units," said Dooley.

Wheeler and Master Sgt. Holly Caroon accompanied him to the 147<sup>th</sup> FW, Houston, Texas on a staff assistance visit where they served as augmentees.

Dooley works full-time for a defense contractor where they are developing a program to streamline information from state

joint staffs to the Guard Bureau. He likes to fly single engine general aviation such as a Piper and has been an active member of the Griffis AFB Aero Club. He enjoys hunting and, with his daughters, camping and boating at Lake George, N.Y. and the Adirondacks.

"The 103<sup>d</sup> FW was first A-10 unit I visited," said Dooley. "If I worked on another fighter it would have two tails with two engines," he said after only four months of retirement.

## General cites influencers as part of recruiting challenge

SGT. 1ST CLASS DOUG SAMPLE, USA  
AMERICAN FORCES PRESS SERVICE

The greatest challenge facing recruiters is the people who influence young men and women of the "Millennium Generation" not to serve, the commander of the Army Recruiting Command said here today.

"Influencers are clearly having an impact right now on our ability to successfully recruit — unquestionably so," said Maj. Gen. Michael D. Rochelle, who was taking part in a change-of-command ceremony for the 1st Recruiting Brigade at Fort George G. Meade, Md.

At a news conference following the ceremony, the general pointed out that recruiting is getting harder because parents don't want recruiters, "who simply want to tell the Army story, who we are and what it is we do for this great nation," to sit down and talk with their children.

"The one characteristic that is very honorable and respectable about 'millennials' is that they listen and they generally heed the advice of their advisers,"

Rochelle said.

"Whether we're talking parents, coaches, teachers, guidance counselors, it matters not. They take all of that on board, then they filter it and process it," the general explained.

Rochelle's comments come as the Army, for the fourth consecutive month, failed to reach its recruiting goal. He said recruiters today have to contact as many as 100 people before getting one person to sit down to listen to the Army's story, and "that number is rising."

The general said his message to influencers and parents is that "serving in America's Army is perhaps one of the most noble things that a young man or woman can do today."

"Every Soldier who serves does so with the pride of all of America," he noted. "It is tremendously noble. Does it come with some sacrifice and danger? Absolutely."

But, he added, "that nobility is something that they should recognize and encourage."

Despite the challenges, the general said,

the recruiting command will give "everything it has" to meet the goal of 80,000 new recruits in fiscal 2005, which ends Sept. 30. "We're still focused very much on 100 percent success," he said.

Rochelle expressed hope that recruiting numbers will get better soon, especially during the upcoming summer, when high school graduates will be faced with the question of what to do next.

"Typically, we get a lift in the summer months," he said. "The question will be how much of a lift. I'm hoping for a very good lift."

The general said the Army hopes to bring in new recruits by increasing signing bonuses to up to \$40,000, a move that will require congressional authorization. Programs also are in place to give Soldiers tours of military installations to give them a feel for Army life, and another program partners with business to guarantee new recruits priority interviews right when they complete training or military service.

He said about 100 companies have signed

on with the Army in the "Partnership for Youth Success," including the Dell Corp., Southwest Airlines and Sears Logistics.

"What these companies realize is that these young Soldiers, after completion of military service, bring a quality that's frankly irreplaceable," Rochelle said.

The general said his order to "stand down" recruiters in March was a result of reports in the media that recruiters were using forceful and unfair tactics to enlist new Soldiers. He said the move was intended to "refocus recruiters on Army values."

"We represent one of the most respected organizations in our society and a values-based organization," he said. "Therefore, the focus was exactly on that — our Army values."

The general said the stand down did not result in any policy changes in how the Army governs its recruiting. "We've not changed anything in how we recruit tactically," he said, "nor policywise, which governs the how."



# Martin visits ACS at Otis Air Base



The 103<sup>rd</sup> ACS spent annual training at Otis Air Force Base in June. The ACS is a communications unit whose equipment includes radar and satellite dishes among others. Every piece of equipment is mobile, recently being transported by the unit to Otis from Camp Rell. (Photo by Spc. Jordan E. Werme, 65<sup>th</sup> Press Camp)



Brig. Gen. Thaddeus Martin, adjutant general of the Connecticut National Guard, spent a day with the 103<sup>rd</sup> ACS while the unit underwent annual training at Otis Air Force Base. The ACS recently transported their equipment from a temporary site at Camp Rell to Otis while permanent arrangements are completed at the unit's home in Orange, Conn. (Photo by Spc. Jordan E. Werme, 65<sup>th</sup> Press Camp)

## Retirees Picnic – 2005

August 17<sup>th</sup>  
1200-1700

Camp Rell, Niantic CT

Bring a guest!

Active Duty Welcome!

Pass the word!

Meet old friends!



Raffle! Prizes!

Lots of Food & Beverages!

Live Music!

Card Games!

Come Join the Fun! Mark your calendar!

Detach and return to COL(Ret) Bob Kelly

2005 Retirees Picnic      Cost: \$20.00/person by July 23rd  
\$22.00/person after July 23rd

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Address: \_\_\_\_\_ Return with payment:  
City: \_\_\_\_\_ COL (Ret) Bob Kelly  
State: \_\_\_\_\_ Zip: \_\_\_\_\_ 92 Stocking Mill Rd.  
Phone: (    ) \_\_\_\_\_ Wethersfield, CT 06109  
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and our 40 Piece Concert Band!

Sunday, June 26th  
8:00 pm  
Bristol Arts Festival  
Muzzy Field, Bristol

Monday, July 25th  
7:00 pm  
Roseland Cottage,  
Woodstock

Tuesday, July 26th  
7:00 pm  
SW Elderly Housing,  
Windsor Locks

Wednesday, July 27th  
7:00 pm  
Hubbard Green,  
Glastonbury

Thursday, July 28th  
7:00 pm  
Town Hall Parade  
Field, Wallingford

Friday, July 29th  
7:00 pm  
Sound View Beach, Old Lyme

Tuesday, August 2nd  
8:00 pm  
Levitt Pavilion, Westport

Wednesday, August 3rd  
7:00 pm  
Walnut Hill Park, New Britain

Thursday, August 4th  
1:30 pm  
Veteran's Hospital, Rocky Hill

Saturday, September 24th  
2:00 pm  
Hopkin's Vineyard,  
New Preston

To Audition or sit-in with the  
Army Band, Call SGT Boski at:  
(860) 524-4965 x17



# Military Matters



TERRI LUKACH  
AMERICAN FORCES PRESS SERVICE

The Defense Department has launched a new effort to educate servicemembers about the dangers of borrowing from "loan-shark" lending companies and to teach them how to avoid ending up in a spiral of compounding debt, a DoD official said in June.

The most prevalent type of loan-shark lending affecting military personnel is what is known as "payday loans," said John M. Molino, deputy undersecretary of defense for military community and family policy. "A payday loan is essentially a plug — money that gets you from today to the next payday so you can cover your bills."

The problem is that money is very expensive, he said in an interview.

"Typically, a payday loan of a \$100 will cost the borrower \$17 for two weeks. The average payday loan is about \$500, so now we're talking about a fee of \$85.

"By itself, that's not a big problem,"

## DoD cautions Servicemembers against 'Loan-Shark' lenders

Molino said. "However, when you consider that it is not uncommon for that military member to roll the loan over four or five times, that \$85 will grow exponentially to the point where you are paying an enormous amount of money for the relatively meager amount of the loan.

"It got you through payday, but if you weren't able to pay it off, now it's two more weeks, and two more weeks, and you're paying nearly 500 percent interest annually. That's a lot of money to pay," he said.

Considering that about 9 percent of all enlisted personnel and 12 percent of all mid-level non-commissioned officers use payday loans, the potential for detrimental impact on mission accomplishment is very real, Molino said.

"If you're in debt, you have other things in mind. You're doing things other than concentrating on the mission; maybe you're taking on other employment. The effects are long-lasting and go deep into a person's performance; it affects unit readiness," Molino said.

Part of the problem is the proximity of payday lenders to military installations. "If

you look at where they position their businesses, they are right outside the gate," Molino said. A recent study of 15,000 payday lenders in more than 13,000 ZIP codes in 20 states that host military installations revealed that payday lenders open their storefronts around military installations.

Molino said the department is taking steps, such as hosting fairs at military installations, to educate military members about the dangers of payday loans and familiarize them with ways to put themselves and their families on a sound financial footing.

"We can make soldiers smarter," he said. "We can make them better consumers; we can teach them how to save for a rainy day, so when they need to borrow they can — and pay themselves back, at no interest. We are also doing something about payday lenders."

Molino said his office is watching them closely, looking at behaviors and patterns that are inconsistent with state law and encouraging states to pass laws that are not only friendly to servicemembers but

also require honesty and discipline on the part of payday lenders.

Molino cited Georgia, Florida and Oklahoma as examples of states that have taken positive action against payday lenders. Last year Georgia passed legislation that eliminated payday lending from the state, he said, while Florida and Oklahoma now require a 24-hour waiting period between payday loans, thus eliminating rollovers and multiple loans.

"We believe we need to work hard to limit the impact of payday lenders, but the real answer is to help our servicemembers and their families get control of their own finances to be in charge of their future," Molino said.



## Education Essentials: ARNG education benefits for spouses

Spouses have many avenues available to them from ARNG to enhance improved quality of life by taking advantage of educational opportunities offered.

Under the GI BILL (Chapter 35) the Dependent Educational Assistance (DEA) provides education and training opportunities to eligible dependents of veterans who are permanently and totally disabled due to a service-related condition, or who died while on active duty or as a result of a service related condition.

The program offers up to 45 months of education benefits. These benefits may be used for degree and certificate programs, apprenticeship, and on-the-job training. ([www.GIBill.va.gov](http://www.GIBill.va.gov))

Army National Guard soldiers and spouses are eligible to take **CLEP (College Level Examination Program)** examinations immediately upon joining (including prior to attending Basic Training).

The test is free to all military personnel and their spouses, and federal civilian employees of the ARNG. CLEP consists of examinations that test your college knowledge gained through course work, independent study, cultural pursuits, special interest, military schooling and professional development.

CLEP general and subject examinations are accepted by more than 2,900 colleges

and universities. Preparation materials are free. These tests can be taken at any active duty education center or at a National Testing Center ( [http://apps.collegeboard.com/cbsearch\\_clep/searchCLEPTestCenter.jsp](http://apps.collegeboard.com/cbsearch_clep/searchCLEPTestCenter.jsp) ).

Army National Guard soldiers and spouses are eligible to take **DSST (DANTES Subject Standardized Test)** examinations immediately upon joining (including prior to attending Basic Training).

DSST is an extensive series of examinations in college level and technical subjects comparable to the final or end-of-course exam in specific undergraduate courses.

**Free Test Preparation to test out of 100's of college courses!**

This program is designed to enhance the ability of the student to pass college credit examinations by the use of multi-media, Hollywood style videos CD's and Audio Cassettes and associated textbooks in the same or similar subjects. For more information, go to [www.virtualarmy.com\\_education](http://www.virtualarmy.com_education) tab

**The Army National Guard Education Support Center (ESC)** serves as a centralized education support activity for all 54 states and territories by providing Army National Guard Soldiers, their spouses, and employee of the ARNG with direct assistance in the accomplishment of their academic goals. The ESC is located at the Professional Education

Center (PEC). ARNG ESC services include over 500 degree plans, educational counseling and professional guidance to assist soldiers in the pursuit of their educational goals from an Associate to a Masters or Ph.D degree. Access to eDiscover, assessment of your previous experience both military and corporate training; and the Student Guide to Success are additional support that available to spouses from the ESC with applications for each service available online 24/7 through [www.virtualarmy.com\\_education](http://www.virtualarmy.com_education) tab.

If you wish to speak with a counselor, the hours of operation are 7am to 7pm CST. They can be reached toll free at: 1-866-628-5999 or via the Internet at [www.virtualarmy.com\\_education](http://www.virtualarmy.com_education) tab.

**Servicemembers Opportunity College Guard (SOC Guard)** is in a consortium of over 1,800 institutions of higher education, 15 national higher education associations, the Department of Defense, and the military services, whom are dedicated to supporting, expanding and improving the voluntary postsecondary education needs of ARNG servicemembers and ARNG families worldwide.

SOC Guard partners with the ESC, and offers a large network of institutions that meet the unique needs of the ARNG. Degree programs offered by the SOC Guard

consortium include services such as degree lock-ins, student school agreements and guarantee transferable credits between school networks.

These are great services for spouses of ARNG soldier who are away from their home state with a specific school/program and simply want to lock in a home school or program of study. For more information visit SOC Guard's web site at <http://www.soc.aascu.org/>.

**eDiscover** is a career, college and job search online educational guidance program. All members, their dependents and employees of the ARNG are eligible. Obtain a free user ID and password (token) from the ARNG ESC or your State Education Office.

**Spouse to Teacher** is a Department of Defense pilot project designed to assist ARNG spouses to become public school teachers. Program only available to ARNG spouses in 6 pilot states CA, CO, FL, GA, TX and VA. Funding and support services are provided to enable spouses in the selected states to obtain teacher license.

For more information see; [www.spousetoteachers.org](http://www.spousetoteachers.org).

POC: Laura Greenfield (703-607-9757) [laura.greenfield@ngb.army.mil](mailto:laura.greenfield@ngb.army.mil)





CHIEF MASTER SGT.  
WANDA WAWRUCK

# Enlisted Update

## Education & Safety

I hope that this month finds everyone enjoying family time through various outdoor activities. I'd like to address two subjects that have been covered in past articles, but feel they need to be readdressed; they are: Education and Safety.

First, I'd like to start by congratulating our many members who have recently completed Professional Military Education (PME) in-residence. Although not everyone can obtain the time off from their civilian employer to complete PME in this manner, it is certainly a rewarding experience that will provide a return on your investment.

Over the past few years, our structure, military education and focus on jointness has impacted the way we prepare to deploy and handle emergencies within the State. Overall, our leaders have placed education at the forefront to provide understanding of our sister services capabilities, values, structure and culture.

In addition, more emphasis is being placed on developing managerial, leadership, knowledge and experience in organizational and human resources management. To explain how important continuous education is, I'd like to share a short story that should tie this together.

During a recent Enlisted Field Advisory Council (EFAC) Town Hall meeting, a staff sergeant announced her struggle adapting to additional responsibilities while deployed. First, she was appointed as the shop chief of her section...a position she had no experience in. NOTE: Most active services first opportunity to supervise is at the staff sergeant level. In addition, she found that supervising active duty enlisted members meant that she would have to administer initial feedback sessions and in some cases an Enlisted Performance Report (EPR).

Long story short, she did not have the opportunity to supervise at her home station nor did she have the experience of providing feedback and written skills to complete and administer an Enlisted Performance Report (EPR). Fortunately she did the right thing and sought assistance from the first sergeant and senior NCOs.

The morale of this story is to take the initiative to seek greater responsibility; complete your PME when eligible; take

advantage of on and off-duty educational opportunities; and use your resources (i.e. support agencies such as personnel). Don't become complacent or put yourself in a situation that you are not prepared for.

We are now half-way through the summer...enjoying vacations, outdoor activities, and time with family and friends. Like the holiday season, the summer months are a critical time of year when it comes to personal safety.

Emergency medical technicians (EMTs) respond to many types of accidents from improper use of gas grills to motorized recreational vehicles. In many cases, it is reported that these incidents could have been avoided if individuals did not exceed their consumption of alcohol. Whether alcohol is or isn't consumed during your favorite outdoor activity, apply the same safety practices we have learned in the military and look out for your "buddies" (friends and family).

A recent article in the Airmen's Magazine identified the top 10 reasons for fatalities in the Air Force during the summer months. Below is an excerpt of the top 10 from the article:

1. Speeding or driving too fast for conditions.
2. Failure to comply with traffic laws (other than speeding).
3. Driving beyond your skill level (motorcycles).
4. Drinking and driving under the influence.
5. Driving fatigued.
6. Distracted by non-driving tasks (cell phones, fumbling with CD player, etc.).
7. Driving without appropriate protective equipment (boating and motorcycles).
8. Boating under the influence or without training.
9. Swimming under the influence or beyond limitations.
10. Not wearing an approved personal flotation device during water sports.

Again, if you apply the common sense factor, these can be avoided by looking out for one another.

In closing, remember as you celebrate the Fourth of July, the cost of Freedom remains high - let us not forget those who are currently deployed. Please include our fellow service members and their families in your thoughts and prayers as you enjoy a safe and healthy holiday.

# Promotions

## Air National Guard To Senior Master Sergeant

Eric B. Munsell, 103d Civil Engineer Squadron	Dan L. Gregoire, 103d Air Control Squadron
Daniel S. Walsh, 103d Maint. Operations Flight	Ronald W. Taylor, 103d Civil Engineer Squadron
Sabrina K. Gilfurt, 103d Fighter Wing	

## To Master Sergeant

Donald M. Liddell, 103d Log. Readiness Squadron	Brian M. Ubben, 103d Air Control Squadron
Brian H. Donor, 103d Maintenance Group	Matthew D. Lemasters, 103d Op Support Flight

## To Technical Sergeant

George W. Cooper, 103d Maintenance Squadron	Anna Radzyninski, 103d Medical Group
Daniel M. Hughes, 103d Maintenance Squadron	

## To Staff Sergeant

Richard A. Davis, 103d Communications Flight	Shawn J. Curreri, 103d Security Forces Squadron
Jeremy D. Plossay, 103d Medical Group	Richard D. Johnston, 103d Aircraft Maint.
Jeffrey B. Altieri, 103d Log. Readiness Squadron	

## To Senior Airman

Dennis J. Schumey, Jr., 103d Air Control Squadron	Thane S. Stimson, 103d Maintenance Squadron
Ana M. Rodriguez, 103d Aircraft Maint. Squadron	

## Army National Guard

### To Sergeant 1st Class

Robert C. Tadduni, 248th Eng. Co.

### To Staff Sergeant

Carl A. Speanburg, Co. C. 1st BN 102d INF	Marc D. Cooper, JFHQ
Luke J. Lesnewski, Co. A. (Maint) 143d FSB	Nathan S. Alger, Co. A. 1st BN 102d INF
Veasna Roeun, Co. B. 1st BN 102d INF	Michael P. Halle, 14th CST
Michael A. Vaughan, Co. B. 1/ 102d INF	Wilfredo Dones, 712th MAINT Co.
Justin T. Maksymiuk, Co. B. 1/102d INF	Terrell Nickson, 712th MAINT Co.
Christopher T. Vincent, HHC 1/102d INF	Jason V. Proulx, 14th CST

### To Sergeant

Todd M. Anderson, 712th MAINT Co.	Elizabeth J. Toth, Co. C. 280th SIG BN
Aaron E. Resnikoff, 1109th AVCRAD	Joseph J. McKenna III, 712th MAINT Co.
Todd M. Columbus, 712th MAINT Co.	Leonard A. J. Williams, 712th MAINT Co.
Richard Colon, 712th MAINT Co.	Ralph E. Faber, 712th MAINT Co.
Christopher Tingley, 712th MAINT Co.	Matthew S. Moskowitz, 712th MAINT Co.
Douglas Armstrong, DET 1 Co. G 104th AVN	Matthew J. Mierzejewski, 712th MAINT Co.
Walter Tokarz, Co. G 126th AVN	Robert L. Cauley, 712th MAINT Co.
Alfonso Rodriguez Jr., HHC 1st BN 102d INF	John K. Marx, 248th Eng. Co.
Joseph E. Murratti, Co. A. 1st BN 102d INF	Joseph Neiwirowski, 248th Eng. Co.
Carl S. Bourne, Co. B. 1st BN 102d INF	Andrell L. Cook, 712th MAINT Co.
David A. Strickland, Co. C. 1st BN 102d INF	Adam D.A. Ripka, 248th Eng. Co.
Justin P. Murray, Co. C. 1st BN 102d INF	Michael D. Robinson, 247th Eng. Det.
David R. Rodriguez, Co. C. 1st BN 102d INF	

There is a New Face at HRO



To schedule an appointment for an ID Card or to update your DEERS information contact:

Senior Airman Amanda Douville at  
860-878-6725 or email her at  
Amanda.douville@ct.ngb.army.mil



# Homefront

## In defense of Connecticut's children: *Success in the War on Drugs*

1<sup>st</sup> LT. CHRISTOPHER D. MORGAN  
DRUG DEMAND REDUCTION PROGRAM

Recently, the war on drugs achieved a major victory with the arrest of an Afghan drug lord who had ties to the Taliban. The drug quantities in question are staggering and eye opening.

The circumstances of this drug lord's arrest show the treachery of "narco-terrorism" and the direct threat these terrorists pose to our great nation's safety. The following article was taken from a FOXNews.com report dated April 25<sup>th</sup>, 2005.

NEW YORK — A reputed Afghan drug lord who authorities say operated with the protection of the Taliban has been captured and faces charges that he tried to smuggle more than \$50 million worth of heroin into the United States, authorities said. Bashir Noorzai, who is on the U.S. list of most-wanted drug kingpins, was ordered held without bail at his initial court appearance in Manhattan on Monday.

If convicted, he could face a maximum sentence of life in prison.

The full circumstances of Noorzai's capture were not made public. Prosecutor

Boyd Johnson told a judge that Drug Enforcement Administration agents arrested the defendant Saturday in New York, but he did not elaborate.

Noorzai, 44, wearing a full beard and a dark blue polo shirt, remained silent

during the brief hearing. He was given a court-appointed attorney, David Greenfield, who declined to comment outside court.

Prosecutors say the smuggling attempt involved about 1,100 pounds of heroin.U.S. Attorney David Kelley said that between 1990 and 2004, the defendant and his organization "provided demolitions, weapons and manpower to the Taliban."

In exchange, the Taliban allowed Noorzai's business to flourish," he said.

The Taliban protected Noorzai's opium crops, its heroin laboratories in Afghanistan and Pakistan and its drug transportation routes out of the country, prosecutors said.

L a s t

Kelley refused to comment on reports that the defendant has ties to the Al Qaeda terrorist network.

"It's not something that's part of the case," Kelley said.Gen. Zaher Akbar, head of a U.S.-funded Afghan police unit charged with destroying Afghan opium crops, said Afghan authorities "appreciate the arrest of drug smugglers anywhere in the world, so long as there is proof against them and they are not just released the next day."

If you have any questions about other Drug Free events or Educational & Leadership Programs please call @860-493-2724 and ask for 1<sup>st</sup> Lt. Christopher Morgan.



year, the White House added Noorzai and nine other people and organizations to the list of most wanted drug lords. The White House gave Noorzai's name as Haji Bashir Noorzai.

The Taliban militia had ruled Afghanistan until it was toppled by the United States in late 2001. Taliban-led militants are still operating along Afghanistan's mountainous eastern border with Pakistan.

Visit the  
**Connecticut  
Guardian**  
on-line at  
[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)

OFFICERS CLUB OF CONNECTICUT  
Hartford, CT (860) 249 - 3634

July 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Come to the Club members Party for Music, and great food on July 29th \$10 per person			Dancing		1	2
3	4 Independence Day Club Closed	5	6 5 - 9 PM R Retirement Reception	7	8 12 Noon DCF Lunch Len Oberg	9 National Guard Drill Special Lunch Part 5-9 PM
10 National Guard Drill	11	12	13	14	15	16
17	18	19 12 Noon Ladies O'Club Luncheon	20	21 5:30 PM Board of Gov Meeting	22 3 PM Retirement Party MSG Kaiser	23
24	25	26	27	28	29 Club Members Nite 630 PM Cash Bar, Music, Dancing Appetisers and Special treats from chef Saul \$10	30 
31	Club open for lunch 1130 - 2PM, Bar & Lounge open at lunch and 4pm - close O'Club will be Closed from August 1, 2005 - September 4, 2005. Reopen September 5th We can open for a Party, Wedding, Anniversary or special event ( Call us)					

INFORMATION  
Security Begins With You!

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Use secure communications when discussing classified or sensitive information. Handle and discard memos, documents, correspondence and e-mails appropriately. Practice good computer security when accessing the Internet. Our enemies are still out there. Don't give them what they need to win.



# Remembering American Soldiers



1<sup>st</sup> Lt. Rick Marshall, platoon leader, C Company, 102<sup>nd</sup> Infantry, captured this image of the Statue of Liberty while flying to a preparation meeting at G Company 126<sup>th</sup> Aviation's mobilization station at Fort Dix, N.J., June 8. "I thought about during World War II, soldiers heading off to Europe left from New York City and the Statue of Liberty was the last thing they saw as their ships pulled out," he said. Marshall was aboard a G Company 104<sup>th</sup> Aviation CH-47 Chinook helicopter. He recently returned from service in Iraq with the 102<sup>nd</sup> Infantry. (Photo by 1<sup>st</sup> Lt. Rick Marshall)

## INFORMATION

Security Begins With You!

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Use secure communications when discussing classified or sensitive information. Preserve and protect memos, documents, correspondence and e-mails appropriately. Practice good computer security when accessing the Internet. Our enemies are unlike any we've encountered before. Don't turn them with information that can harm us.

Approved by NSA/CSS

# 1st Annual Memorial Run

## MPO Peter J. Lavery

### September 18, 2005

**Police Escorted Motorcycle Ride**  
All law enforcement supporters on all makes of bikes are welcome.  
\$20.00 donation per bike requested.

**ALL PROCEEDS BENEFIT THE  
PETER J. LAVERY  
MEMORIAL SCHOLARSHIP FUND**

Peter J. Lavery was a retired major in the Connecticut Army National Guard

Registration from 8:00 AM – 9:45 AM; Ride departs at 10:00 AM from Maguires Sports Bar, 3573 Berlin Turnpike, Newington, Connecticut

At the conclusion of the ride, please stay for free food and live music by bands Second Nature and By Request.  
Ride ends approximately 11:15 AM.

**RAIN OR SHINE**

# 8th ANNUAL NGACT OPEN

**DATE:**  
Friday  
September 2, 2005

**LOCATION:**  
Keney Golf Course  
Hartford, CT

**TIME:**  
11 a.m. Shotgun Start

**COST:**  
\$90 per person

**FORMAT:**  
Four (4) Person Scramble  
Gross & Net Divisions

All proceeds to benefit the Connecticut Children's Medical Center and the NGACT Scholarship Fund

**Tournament Day Schedule**  
9 - 10:45 a.m.: Registration, Coffee, Donuts  
10:45 - 11 a.m.: Depart for starting holes  
11 a.m.: Shotgun Start  
5 p.m.: Steak Barbecue, Awards, Raffle

**Tournament Includes:**  
Coffee & Pastry before start  
18 holes with cart lunch  
Steak Barbecue  
Awards, Prizes & Raffle  
\$10,000 Hole in One Contest  
Men's & Ladies' Closest to the Pin Contest  
Men's & Ladies' Long Drive Contest  
50/50 Contest  
Team Photos  
Hole Sponsorships Available

For questions or more information contact:

Mike Falk: (860) 524-4852  
Rich Maziarz: (860) 798-1367  
Jim Howard: (860) 289-2237

Return No Later Than Aug. 16, 2005 to: NGACT Open, 360 Broad Street, Hartford, CT 06105-3795 (Make Checks payable to NGACT)

Name	Address & Phone Number	9-Hole Avg. Score
1. _____		
2. _____		
3. _____		
4. _____		



# Guarding Your Rights

## Legal Affairs: A new spin on Airmen fitness

MAJ. JEFFREY M. KNICKERBOCKER  
CTANG DEPUTY STAFF JUDGE ADVOCATE

The Air Force has strengthened its emphasis on the fitness of all Airmen. Gone are the days of a stationary bicycle test, or the entry into the weight management program base on a number on a scale or a tape measure.

The Air Force is now committed to maintaining the fitness of its service members by implementing a new program. The new Air Force-wide program is found in AFI 10-248, with an interim change dated May 24, 2005. The Air National Guard Program is found in ANGI 10-248. The 10 series of instructions signifies that it is an "operations" instruction.

No longer is the fitness program seen only as a medical program. By moving the fitness instruction to the 10 series, the Air Force has emphasized the importance of the program to mission effectiveness. In addition, the program has teeth because a failure in the program could result in counseling, reprimand, demotion, and involuntary separation.

The Air Force fitness program consists of four components; aerobic, abdominal circumference, push-ups and crunches.

The aerobic component, which is 50 percent of the overall score, is measured by either a one and a half mile run or bike test, however the Air National Guard uses a three and a half minute step test in lieu of the bike test.

The amount of push-ups and crunches that must be completed is dependant on the sex and age of the service member. Push-ups and crunches are each 10 percent of the score.

The final 30 percent of the score is the abdominal circumference measurement.

The instructions have easy to read charts that explain the minimum amount necessary in order to achieve a passing score.

A person can have one of four scores; excellent, good, marginal and poor. An excellent score is over 90. A good score is between 89.99 and 75. A marginal score is between 74.99 and 70. A poor score is below that.

Excellent and good scorers require annual testing. A marginal and poor score require a test by the last day of the sixth month following the month of the previous test.

The Air National Guard has an additional test for flexibility that the Air Force is not currently using. Flexibility is an important part of a well-balanced fitness routine. Although flexibility is not assessed for the AF standard it is assessed for the Fitnessage, during the member's fitness assessment. Your Fitnessage is a weighted average of all of the components of the test.

Scoring poorly can have a devastating effect on your career. If a member fails to participate or scores poorly for the first test, the commander has a wide array of tools available to motivate the member to do better.

They include counseling, admonition, reprimand, denial of reenlistment, denial of voluntary retraining, denial of formal training, limit or remove supervisory responsibility, comment on performance reports, prepare a directed by commander report for AGR members, and take promotion propriety action. Upon the fourth poor score, the member could be subject to an involuntary discharge. On a fourth poor score or failure to participate within 24 months, the commander must make an administrative separation or retention recommendation to the Wing Commander.

On May 24, the Air Force published an

interim change to the instruction. The change was made to: clarify requirements for the unit-based fitness program, corrects time period for testing following



deployment, identifies the fitness software application by name, places a timeline on data entry, specifies requirement for Health and Wellness staff to conduct body fat measurements on accessions, provides minimum period for retest requirements, defines exemption parameters and processes and eliminates required sequence for push-ups and crunches.

It also provides guidance for the assessment of shift workers and intervention for members at Geographically Separated Units, clarifies timelines and requirements for education/intervention, provides guidance for the definition and disclosure of Protected Health Information as it relates to the Fitness Program, inserts maximum screening weights for accessions, includes Commissioned Officer Training, deletes guidance for IMA/PIRR and individual reservist administrative actions, specifies publication governing the USAFA Cadet Weight and Fitness Program, gives commanders guidance for members failing to present a professional military image while in uniform, corrects procedures and formulas for fitness assessment components, and clarifies administrative and personnel actions for failing to attain physical fitness standards.

The bottom line is that all members should be fit to fight, and there is no excuse for performing poorly in the new test.



## 141st immortalized in mural

The 36th Medical Evacuation Battalion (MEB) Mural with all the companies located from various states around the country, both Active Duty and National Guard was drawn and painted by hand by Pfc. Ware from the 36th MEB. It is on the wall in the Battalion Dining Facility which is managed and operated by Staff Sgt. Krane Redic from the 141st Medical Company (GA). Pictured in front of the mural is the 141st Med. Co. Commander, Capt. Anne-Marie Garcia. (Photo Courtesy of Capt. Anne-Marie Garcia, Commander, 141st Medical Company)

For Bradley Airbase  
BRAC Information,  
visit the NGACT  
Website at  
[www.NGACT.org](http://www.NGACT.org)  
or for full BRAC  
Information, visit  
[www.brac.gov](http://www.brac.gov)

Visit the  
**Connecticut  
Guardian**  
on-line at  
[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)

The *Connecticut Guardian* will be taking a look back at the Guard's involvement in the Floods of 55 in August, the 50th anniversary of Mother Nature's devastation.

If you were in the Guard and involved in the clean-up, we'd like to hear from you.

If you are in the Guard now, and have memories of the devastation, we'd like to hear from you. We're also looking for any old photos you may have.

Please contact Sgt. 1st Class Debbi Newton at (860) 548-3251 or via email:  
[debbi.newton@ct.ngb.army.mil](mailto:debbi.newton@ct.ngb.army.mil)



## Inside OCS

# Class 51 takes its first steps down the road to gold

OC JESSE JAMES STANLEY JR.  
OCS CLASS 51

The decision to begin the road to become an officer in today's National Guard is not one taken lightly. There is a very good chance that it will come to new officers to lead Soldiers in hostile environments.

It is important that when making the decision to enter Officer Candidate School (OCS) that a Soldier evaluates if he or she can handle the mental and physical challenges before him or her.

The newest class, 51, has just begun this journey starting with Phase Zero.

The three months leading up to Phase One, the two week training period in July at Camp Rell, give the candidate ample time to reflect on the things needed to make it through the school. A lot of self evaluation takes place in which candidates assess if they have what it takes.

I joined this OCS class for several reasons. First, when I joined the National Guard I wanted to become an officer, but I first wished to be enlisted for a few years so I

could better learn about it. Secondly, I was inspired by great officers I have met while serving in the Guard; they have guided me toward this decision through mentorship and example.

Lastly, I hope I can give back to the Guard in some way, by becoming a better Soldier and a good leader.

So far the 21 candidates who have started the road to gold have determined that we do indeed have what it takes and are here for the right reasons.

We have begun to learn that in order to succeed we will need to lean on each others' strengths and overcome our weaknesses. We have started building the foundations of teamwork that we will stand on for the next year.

We each bring something different with us to OCS. Each of us has a different Military Occupational Specialty (MOS), some of us work full time, and each of us has a different Guard experience leading up to this point.

I hope to assist my class by remaining always calm under pressure and paying

attention to small details - both important skills for OCS.

The lesson that I learned personally so far is that teamwork is the key here. OCS is not something one gets through alone, just as being a leader is not done alone. Great leaders inspire greatness out of those they lead and the TAC (Train Assess Counsel) staff is here to inspire greatness from us so we can become the future leaders of the Connecticut National Guard.

In the three months that make up Phase Zero, we ensure all of our paperwork is in order and get an overview of what lays before us. More than a year of training awaits us, lessons on how to lead both on the parade field and the battlefield. It is a total Soldier ideal which embraces the Warrior Ethos.

Outside of the one weekend each month and two weeks in the summer is time spent preparing briefings, having meetings, studying the material covered and maintaining peak physical fitness.

OCS demands excellence in both the mind

and the body. I hope to grow as a Soldier and a person from my experiences over the next year. I believe that OCS changes a person. It takes someone, breaks them down and rebuilds them. At OCS we learn about our particular strengths and make them stronger. OCS takes our weaknesses and improves upon them and it teaches us new lessons. I am looking forward to what comes next.

During Phase Zero I have discovered that being an officer is more than the paperwork involved in running a briefing or marching a unit onto the field. It is how one looks and how one conducts oneself. It is not meeting the requirements - it is exceeding them.

These are lessons that I believe all of the Connecticut officer candidates will take with us into Phase I; lessons which will help us succeed. It is through meeting and exceeding our requirements and wearing our uniform with pride that we shall emerge at the end of this long road as young leaders in the best military in the world.

## Why Diversity?

### CTNG Senior Leader Equal Opportunity / Diversity Training

LT. COL. SPYROS SPANOS  
HR/EO OFFICER

On June 8-9, Connecticut National Guard's Equal Opportunity (EO) Office along with the Defense Equal Opportunity Management Institute (DEOMI) Mobile Training Team jointly conducted Senior Leader EO/Diversity Training. DEOMI, located at Patrick Air Force Base, Florida, is a Department of Defense (DOD) Joint Activity responsible for training Senior Leaders, Equal Opportunity Advisors and Representatives (EOAs & EORs) along with Program Managers for all of the U.S. ARMED Forces.

This two day Senior Leader EO/Diversity Training was specifically designed to raise CTNG's Senior Leader awareness in topics such as; Institutional Discrimination, Socialization, Communicating across Differences, ISMs, Dynamics of Power and Victim System Focus among various practical exercises. This customized EO training was attended by over twenty five CTNG Senior Leaders and took place at Nett Hall, Camp Rell in Niantic, Conn. During this interactive seminar, CTNG Senior Leaders took part in a series of workshops to enhance their human relations knowledge and EO awareness. This seminar was conducted through a building block approach, using instructional segments on interpersonal awareness, interpersonal communications and

organizational aspects of equal opportunity and human relations management.

According to our Senior Leaders' written feedback, the seminar was a huge success. Some of their comments were; "In general, every aspect of the two day EO/Diversity training was outstanding. It was well worth our time and effort. I believe that our senior leaders have a different concept and perspective of our EO/Diversity challenges."

Once again, your office of Equal Opportunity, looks forward to working with all of our soldiers and airmen, so please don't hesitate to contact our office with any EO/Diversity questions.

Lt. Col. Spyros Spanos  
CTARNG HR/EO Officer  
860-878-6755  
spyros.spanos@ct.ngb.army.mil

Capt. Amy Flynn  
CTANG MEO Officer  
amy.flynn@ctbrad.ang.af.mil

Sgt. 1st Class Scott Farrell  
CTARNG State Equal Employment Manager  
860-878-6718  
scott.farrell@ct.ngb.army.mil

Sgt. Ivette Rosario  
CTARNG EO Assistant  
860-878-6721  
ivette.rosario@ct.ngb.army.mil

**"There is no security on this earth;  
there is only opportunity."**

*Douglas MacArthur—a five-star United States General of the Army who led a series of military victories in World War II and was the occupying ruler of Japan from 1945 to 1951.*



Sgt. 1st Class Scott Farrell (right) was named the State Equal Employment Manager of the Year for NGB. With him are (from left) Lt. Col. Spyros Spanos, Lt. Col. Jeffrey Sabotka, Lt. Col. Michael Vasile, all of the Connecticut National Guard, and Ms. Mary Odom, Director NGB office of EO & Equal Rights/Equal Employment Opportunity Program Manager. See the full story in the August issue of the Guardian.



# Health & Fitness



## Medical Notes



COL. FRANCIS T. DiNUCCI  
RN, COHNS

My neighbor recently came home to find a bat had somehow gotten into his house. He was unable to get rid of the bat, however the next morning the bat was gone.

I asked him if he had any contact with any secretions from the bat and he said he had not. I told him if the bat came back, he should contact the local animal control officer for advice.

He asked me what my concern was and I said he could have been exposed to rabies. Rabies, if not treated, will cause death.

Rabies is a viral disease found in domestic mammals to include skunks, raccoons, bats and unvaccinated dogs. Rabies can spread from mammal to mammal (including man) from

a bite, scratch or exposure to secretions from an infected mammal. Person to person transmission, although rare, can occur. Preventive measures should be taken to prevent exposure to the secretions of an infected person.

It normally takes about two-to-eight weeks for symptoms of rabies to appear. Early symptoms of rabies include headache, irritability, fever, itching or pain at the exposure site. The later symptoms of the disease will include spasms of the throat muscles, paralysis, convulsions, delirium and death.

If you are bitten or scratched by an infected animal, immediately scrub the affected area, followed by injection of rabies immune globulin. The amount of vaccine

dosage is weight-related. The vaccine will consist of four follow-up shots after your initial dose. Anyone infected with rabies that is left untreated will ultimately die.

To help prevent rabies, the National Center for Infectious Disease has made several recommendations they include:

Teach children never to handle unfamiliar animals, wild or domestic, even if they appear friendly. "Love your own, leave other animals alone" is a good principle for children to learn.

Wash any wound from an animal thoroughly with soap and water and seek medical attention immediately.

Have all dead, sick, or easily captured bats tested for rabies if exposure to people or pets occurs.

Prevent bats from entering living quarters or occupied spaces in homes, churches, schools and any other similar areas where they might contact people and pets.

Be responsible pet owner by keep vaccinations current for all dogs, cats, and ferrets, keeping your cats and ferrets inside and your dogs under direct supervision, call the local animal control to remove stray animals from your neighborhood, and consider having your pets spayed or neutered.

Any questions you have can be found on the two web sites, <http://www.dph.state.ct.us/BCH/infectiousdiseases/rabies.htm> and [http://www.cdc.gov/ncidod/rabies/Bats\\_&\\_Rabies/bats&.htm](http://www.cdc.gov/ncidod/rabies/Bats_&_Rabies/bats&.htm)

## Fit for Life: Health behavior survey tracks military trends to enhance future services

DONNA MILES  
AMERICAN FORCES PRESS SERVICE

Midway through the survey period, the Defense Department is reporting steady returns on its latest health-related behaviors survey, and officials are urging others selected to participate to weigh in with their responses.

The 2005 Health Related Behavior Survey launched in April to assess active-duty servicemembers' health and well-being, according to Dr. David Tornberg, acting deputy director of Tricare management and deputy assistant secretary of defense for health affairs.

About 40,000 troops at 60 military installations worldwide were randomly selected to participate in the survey, the ninth of its kind designed to track changes in health-related behaviors among members of the armed forces, Tornberg said during an interview with the Pentagon Channel and the American Forces Press Service.

Among issues addressed are troops' use of alcohol and tobacco, their efforts regarding weight control, and cholesterol management and major stressors that affect them, he said.

The last survey, conducted in 2001, identified trends toward heavier use of alcohol and tobacco, particularly among younger troops, so the 2005 survey includes more questions regarding these behaviors, Tornberg said. Questions about mental health issues are also "a significant focus" of the new survey, he said.

Participation is voluntary and survey responses are confidential, with an independent company conducting the survey and analyzing the input. Tornberg

said the survey takes about 45 minutes to complete.

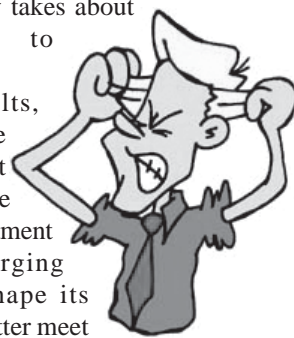
The results, expected to be released next year, will help the Defense Department identify emerging trends and shape its programs to better meet servicemembers' needs, Tornberg said.

Based on the 2001 survey, for example, the Defense Department and military services have beefed up their programs to reduce tobacco use and excessive alcohol consumption and to promote healthful body weight, he said.

It's too soon to tell what's changed since 2001 or to assess the effect the global war on terror and multiple deployments will have on this year's survey results, Tornberg said. However, he said it's likely that many respondents will report high stress levels, as during the past survey.

Tornberg encouraged those asked to participate in the survey to do so, emphasizing the important role they will play in helping shape future programs for themselves, their comrades and their families. So far, almost half of the surveys distributed have already been returned, he said, and the survey period will continue through July.

"It's very important to understand the needs and stresses put on our military fighting men and women," he said. "This survey will help give us the information we need to enhance the services we provide to them."



## DoD working to increase Tricare access for Reserve Components

DONNA MILES  
AMERICAN FORCES PRESS SERVICE

The Defense Department has made "tremendous efforts and strides" to meet the needs of Reserve and Guard servicemembers who now qualify for health-care coverage under the Tricare program, the program manager said during an interview on Fox News in June.

Dr. David Tornberg, acting deputy director of the Tricare Management Activity and deputy assistant secretary of defense for clinical and program policy, said the recent introduction of new patients into the Tricare system presents "a challenge," but that DoD is being "very attentive" to the needs of new Tricare participants.

Thousands of Reserve and Guard servicemembers and their families became eligible to purchase health care insurance through Tricare in late April.

Congress authorized the new benefit, called Tricare Reserve Select, for reserve component members under the fiscal 2005 National Defense Authorization Act. The plan is designed to serve as a bridge for reserve-component troops leaving active duty who aren't covered by civilian employer or other health insurance plans, according to defense officials.

Tricare Reserve Select is available to all reserve component troops who have been activated since Sept. 11, 2001, served in support of a contingency operation and agree to continued service in the Selected Reserve.

To help ensure that licensed physicians across the nation accept these and other Tricare patients, Assistant Secretary of Defense for Health Affairs Dr. William Winkenwerder Jr. sent letters to national and state medical associations last

August, seeking their support. The letter urged the associations to contact their members and encourage them to become Tricare providers and to treat "America's heroes - the people making sacrifices to keep our country safe and strong."

In addition, the Tricare Management Activity is surveying 20 U.S. metropolitan areas to determine what Tricare resources are available and whether they're sufficient to meet the current need, Air Force Maj. Michael Shavers, a Pentagon spokesman, told the American Forces Press Service.

The survey results will help DoD identify areas where beneficiaries may run into difficulties getting access to Tricare services and to help resolve those problems, Shavers said.

A similar survey was conducted last year, as required by the 2004 National Defense Authorization Act legislation.

As DoD works to increase the number of Tricare providers and improve access to the network, Tornberg noted that 80 percent of Guard and Reserve members called to active duty already are covered by another form of health insurance.

After 30 days on active duty, they qualify for full benefits under the Tricare system - a system Tornberg said "has one of the most generous and robust benefits available in the health insurance market."

Legislation introduced in the Senate would further expand healthcare benefits for the Guard and Reserve by allowing them to enroll in the program for a monthly premium, regardless of their duty status. Defense Department officials are studying the legislation, Tornberg said.

More information about Tricare, including a description of services available by location, is posted on the Tricare Web site.



# The Green Guard

## Forestry practices at Stone's Ranch

MELISSA TONI  
NATURAL AND CULTURAL RESOURCES MANAGER

The Environmental Division has contracted a forester to conduct a survey of the timber on Stone's Ranch Military Reservation and write a ten-year management plan for forest management.

This ten-year management plan will be the backbone of the CTARNG Forest Management Program with goals that include maintenance and management of forest lands on an ecosystem basis.

The management of the Stone's Ranch forest will include both natural and commercial forestry operations.

Specifically, timber harvests will be employed to thin areas of the forest. Properly conducted timber harvests will encourage species regeneration and biodiversity.

Stone's Ranch, which is about 90 percent forested, has an average forest age of about ninety years and is made up of mostly upland hardwood tree species.

Some timber management was conducted

in the early 1990s, but most stands are completely untouched. An unmanaged forest typically starts to develop unhealthy problems at about the age of the Stone's Ranch forest.

Older trees are more susceptible to disease and tend to die quickly. A large amount of fallen timber on the ground cannot decompose fast enough to provide nutrients to surviving trees and the health of the entire stand can suffer.

By harvesting timber as a means of forest management, regeneration of existing species is increased.

Some trees are stump sprouters, such as birch and cherry, meaning that when the tree is cut, the roots send up new shoots in all directions of the stump and many trees grow from one single stump.

Seedlings that were struggling under the dense canopy of the older forest are 'released,' meaning that they suddenly have abundant sunlight, nutrient, and water resources available without trying to

compete with mature trees.

Timber harvests also increase biodiversity.

Cutting trees opens the forest floor to direct sunlight that didn't used to reach down to the ground. Plant seeds that have been dispersed by birds and the wind are able to get sunlight and direct rainfall. These different species attract birds and wildlife that may have otherwise been nesting and foraging in a different area.

Girdling trees is a timber management technique that increases forest wildlife diversity. A girdled tree has been killed but left in place to provide habitat.


Girdling can be done by cutting just over halfway into the tree or by removing about twelve inches of the bark entirely around the trunk just above the ground.

The tree is then left to die. Dead standing trees are called snags and are prime habitat



for woodpeckers, insects, wood ducks, and some species of owls.

Once initiated, the Forest Management Program will improve Stone's Ranch's forest health and ensure a sustainable future.



★ 2nd Annual Sgt. Felix M. DelGreco Jr. Memorial Scholarship Golf Tournament

Saturday, August 27, 2005

Goodwin Golf Course – Hartford, CT

FORMAT:	SCRAMBLE
REGISTRATION:	6:30 – 7:30 A.M. & 12:30 P.M.
SHOTGUN START:	7:30 A.M. & 1:00 P.M.
LUNCH INCLUDED	Hot Dog & Beverage at Turn
Complimentary Beverage & Hors D'oeuvres 5:30 pm – 6:30 pm	
Dinner Our Lady Of Fatima Church Hall Fatima Square, Hartford, CT	

SPECIAL EVENTS

Hole in one contest on all par 3's.

Hole in one-Donated by Mitchell Auto Group-2 Yr Lease  
2005 Chrysler Sebring Convertible or similar

CONTEST

\*Closest to the pin on all Par 3's, Long Drive on #1 & 13, Accurate Drive on #18


ENTRY FEE: \$100 (Dinner only \$30.00) Per Player

Includes Green Fees, Cart Fees, Driving Range, Lunch & Dinner

- Applications will be accepted on 1<sup>st</sup> come 1<sup>st</sup> serve basis
- Limited to the first 288 PAID PLAYERS
- Starting holes will be assigned upon arrival

REGISTRATION	PLAYERS/HANDICAP
Foursome Contact: _____	Player 1: Name _____
Address: _____	Address _____
Phone #: _____	Player 2: Name _____
E-mail: _____	Address _____
	Player 3: Name _____
	Address _____
	Player 4: Name _____
	Address _____

Please complete form and return along with cash or check made payable to:  
The Sgt. Felix M. DelGreco Memorial Scholarship Fund  
Send payment to : 6 Alcima Drive, Simsbury, CT 06070



58<sup>th</sup> Annual Picnic & Reunion (Rain or Shine)  
192d Field Artillery Battalion Association

Invitation to ALL former member 192d FA Bn.  
& ALL current members of 192d CM Bn.

To include: HHD 192 Cm Bn.; 103<sup>rd</sup> Chemical Co.; 134<sup>th</sup> Military Police Co.;  
143<sup>rd</sup> Military Police Co.; 223<sup>rd</sup> Law & Order Detachment & Detachment 3 -27<sup>th</sup>  
Infantry Brigade.

Date: Sunday, July 10<sup>th</sup>, 2005

Place: Anthony's Lake Club, West Kenosia Ave., Danbury, Ct. 06810

Cost: \$32.00 (includes all day buffet- unlimited beverages)

Menu:

Breakfast: Hot coffee & Danish for early arrivals.

Luncheon: Hot dogs, hamburgers, liver/bacon & onions, and steamed clams & broth served from 10:00 A.M. 'til 12:00 noon.

Dinner: Steak sandwiches, meatballs, zittis, chicken, potatoes, salad, corn and watermelon.

Dues: \$5.00 for 2005-2006 membership (1 July 2005 to 30 June 2006)

! Advance dues and reservations payments are required for the 2005 reunion; please send in your annual dues and reservation check ASAP!

Send Reply to: Thomas Bria, 78 Sheephill Road Riverside, Ct 06878  
Questions? Email: [Jack.Duncan@us.army.mil](mailto:Jack.Duncan@us.army.mil)

Directions: (From Hartford East) Take Rt 84 west. Get off at Exit 4. Turn right onto Rt. 6. Turn left at the 5<sup>th</sup> red light (Kenosia Avenue); go over small bridge; Take quick 1<sup>st</sup> right (West Kenosia Ave) go to end of the street.



## Retirees' Voice

### Keeping up with legislation takes hard work

Sgt. 1st Class (Ret.) John Bednarz

I am at a loss for words.

That is not a good thing when you write a regular column and have a deadline (which was even extended this month).

The main reason is that I have not been keeping up with all the latest happenings in the federal or state legislatures. Here are a few things I see going on, as I glance through my piles of newspapers, bulletins and my e-mails. Evidently the House has passed its version of the National Defense Authorization Bill of FY2006. Unfortunately Democratic sponsored amendments such as the GI bill for the 21<sup>st</sup> Century, and other amendments to end the 'Veterans Tax' and the "Widows Tax' were not allowed in the final version. And the Senate is not far behind. There are a few amendments that will be forthcoming for the Senate version and

those are, first, an amendment introduced by Senator Bill Nelson (D-FL) to fix a few inequities to the Survivor Benefit Plan (1) to end the dollar-for-dollar deduction of VA benefits for service connected deaths from survivors annuities and (2) to move up the effective date of the 30-year paid-up SBP coverage to Oct. 1, 2005.

Next Senator Lindsay Graham (R-SC) will introduce an amendment to authorize a permanent fee-based TRICARE eligibility for all selected reserve regardless of activation status.

And finally Senator Harry Reid (D-NV) will introduce an amendment to provide full, immediate concurrent receipt of military retired pay and VA disability compensation to otherwise qualifying retirees who are unemployables and are thus rated at 100 percent disabled.

By the time this is published it will

probably be too late for you to urge your Senator to support those amendments.

Once the Senate approves its version, the House and Senate will meet in conference to reconcile the differences between the two bills.

On another front, Representative Jim Marshall (D-GA) has introduced a discharge petition to force a House vote on H.R. 303, a Mike Bilirakis (R-FL) bill to end the disability offset to military retired pay for all retirees with disability pay. If a majority of House member (218+) sign the discharge petition, H. R. 303 would have to be brought to the floor for a vote. We need to urge our House Representatives to sign the discharge petition to restore equity to thousands of disabled retirees.

Here in Connecticut the National Guard Association of Connecticut (NGACT) has been busy supporting legislation that has passed and is law or is about to become law. You will be hearing about some of the good things that are happening, such as recognition of service, workman's compensation for State active duty and some income tax relief from the State for retirees. These are a few of the items that I found as I scanned my notes. I'll try harder next time.

## Recently Retired?

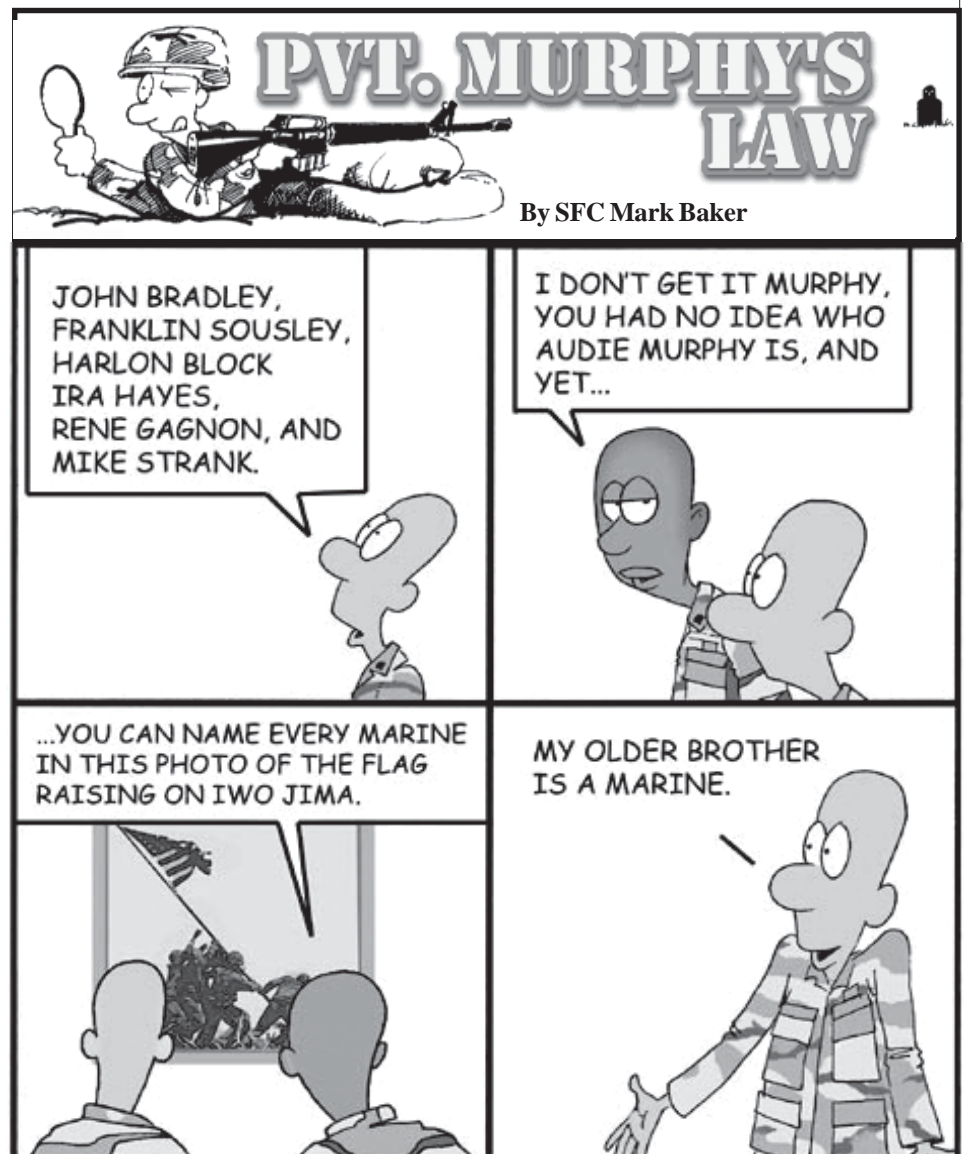
Consider coming back to the Connecticut National Guard.

Call your former unit for more information.

Call the Handyperson Hotline today to volunteer your skills  
(860) 209-0770

## 2nd Louie

By Bob Rosenburgh





# Connecticut National Guard Fulltime Employment Opportunities

The following are Connecticut Army and Air National Guard Technician openings. For a copy of the full Technician vacancy announcements, go to [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

Army National Guard Technician Vacancies			
Position Title	Unit	Pay Grade	Closing Date
Aircraft Mechanic (2 Vacancies)	AASF	WG-12	June 30, 2005
Aircraft Inspector (Indef)	AVCRAD	WG-12	July 18, 2005
Civil Engineering Technician	TSSD	GS-09	July 19, 2005
Training Technician	TSSD	GS-07	July 19, 2005
Supply Technician	AVCRAD	GS-06	July 19, 2005
Computer Assistant	USPFO	GS-07	July 27, 2005

Air National Guard Technician Vacancies			
Position Title	Unit	Pay Grade	Closing Date
Airplane Flight Instructor	103rd FW	GS-13	July 6, 2005
Budget Officer	103rd FW	GS-12/11	July 11, 2005
Aircraft Engine Mechanic Supervisor	103rd FW	WS-10	July 29, 2005
Budget Analyst	103rd FW	GS-09	July 29, 2005

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, go the [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

Army National Guard AGR Vacancies			
Position Title	Unit	Rank	Area of Consideration
Production Recruiter	Recruiting CMD	SFC/E-7	Open AGR Nationwide
Readiness NCO	256th Engr Det	E-4 to E-6	Open AGR Nationwide
Readiness NCO	246th Engr Det	E-4 to E-6	Open AGR Nationwide
Senior Service Sergeant	1109th AVCRAD	E-5 to E-7	Open AGR Nationwide
Personnel Services Sergeant	JFHQ-CT	E-3 to E-5	Open AGR Nationwide
Med Ops Officer	WMD/CST	CPT/O3	Open AGR Statewide

Air National Guard AGR Vacancies			
Position Title	Unit	Rank	Area of Consideration
Airplane Flight Instructor	103rd FW	CPT-MAJ	On Board AGR
Budget Officer	103rd FW	O3 or below	On Board AGR
Security Forces Journeyman	103rd MSG	Up to E-5	Open AGR Nationwide

NOTE: Other positions with outdated closing dates are also listed on the website. Some of these positions are currently under consideration, and others may have their application dates extended. Keep checking the website and if you have any questions concerning outdated postings, call HRO at (860) 878-6739 or (860) 878-6729.

# Temporary Technician Employment Opportunities

The Human Resource Office has Temporary Technician employment opportunities available throughout the State. We have a need for a variety of military specialties including Family Support Specialists, Administrative Support Personnel, Aircraft Mechanics, Finance Specialists, Heavy Equipment Mechanics and Operators, etc.

If you are a member of the Connecticut National Guard and are interested in one of these employment opportunities, please call the HRO Staffing Specialist at (860) 878-6739 or just submit an OF-612 and OF-306 directly to the HRO.

If sending your application directly please ensure you sign and date both forms, document all your civilian and military experience, list your daytime phone number and identify the type of Temporary Technician position you would be interested in filling.

# Coming Events

- July
- July 4
- Fourth of July
- July 9
- Guard Appreciation Day
- Norwich Navigators
- July 9
- Co. C, 1/102nd Inf.
- Freedom Salute
- July 10
- 192nd FA Bn. Assocaition
- Reunion & Picnic
- July 16 - 30
- OCS Phase 1
- July 30
- OCS Commissioning Ceremony
- 169th Leadership Reg. Change of Command
- July 30
- Air and Space Day
- Bradley Air National Guard Base
- August
- August 17
- Retirees Picnic
- Camp Rell
- August 21 - 24
- EANGUS National Conference
- August 27
- DelGreco Golf Tournament
- September
- September 2
- NGACT Golf Tournament

# In future issues

- National Guard Appreciation Day at  
Norwich Navigators
- Downed Pilot Meets with his  
National Guard Rescuers
- BRAC Update
- German trains with  
Connecticut National Guard

Deadline for submissions is the 15th of the month previous to publication.



# CST ready for any mission, any time

From Page 1

“Our training begins at the hazardous material technician level and builds from there. We go well beyond that so we can be a specific resource for the guard.”

These Soldiers and Airmen are ready 24 hours a day to respond should the need arise.

“We are always on call and that call can come in at any time,” Danao said. “It will be a major life adjustment for all of us. We’ll always have a bag ready to go.”

The exercise the CST participated in was a simulation of a terrorist attack. The CST was called in at 5:30 a.m. after several people were admitted to the hospital with symptoms of some form of chemical or biological agent.

The people were all at Rentschler Field, East Hartford, Conn., when the attack happened and the exercise also took place there.

As the CST arrived, members set up an initial exclusion zone and prepared their equipment for use. They would be surveying the stadium, specifically targeting the floors where the contaminated people were working when they became ill.

Their mission is to support civil authorities at a Chemical, Biological, Radiological/Nuclear and Explosive (CBRNE) incident. They do this by identifying the CBRNE agents, assess the consequences and advise on response measures.

The CST members wore more than 65 pounds of equipment as they did this, including breathing compressed air.

“Normally you will be in the Level A suit for up to two hours,” Sgt. Karl Rhynhart, 14<sup>th</sup> CST, said. “It can get

very hot in there.”

“You have to get medically qualified every time you respond to an incident,” Danao said. “You cannot get into this equipment if you are not well.”

One task the CST had to perform to perfection was reacting to one of their own becoming injured or ill while surveying the area.

Sgt. 1<sup>st</sup> Class Marni Robbins was declared a casualty during the exercise. Her team members had to evacuate her from the building and bring her to the decontamination area for medical treatment.

“They have to do a very hasty emergency decontamination of the person,” Danao said. “You cut some corners, but you still have to make sure the person is clean. It is a vital part of our evaluation.”

After the decontamination the casualty needs to be cut out of their suit and treated. The unit has medical personnel on staff to handle just that.

Connecticut’s 14<sup>th</sup> CST became the 33<sup>rd</sup> fully validated team in the country. Within the next two years, 22 more will be validated putting 55 teams on the ground ready to respond to any domestic threats.

“Now that we are validated we are a resource for the governor and the adjutant general,” Danao said. “We have three goals now. To maintain our proficiency, assist the Guard in recruiting and retention and work with the state and federal first responders so they can understand our mission and we can work well together.

“It has been an incredible journey to get to this point. Credit goes to the team. They have worked hard and did a great job.”



Members of the 14<sup>th</sup> Civil Support team receive assistance getting into their protective gear. They will be in their suits for up to two hours, all while breathing compressed air. (Photo by OC Jesse J. Stanley, 65<sup>th</sup> PCH)



Three members of the survey team inspect their equipment before driving their Gator to the incident site. Each member wears a Level A suit, which weighs more than 60lbs. (Photo by OC Jesse J. Stanley, 65<sup>th</sup> PCH)



During the exercise Sgt. 1<sup>st</sup> Class Marni Robbins is cut out of her suit to simulate rescuing a member of the CST should a medical emergency happen during a mission. (Photo by OC Jesse J. Stanley, 65<sup>th</sup> PCH)

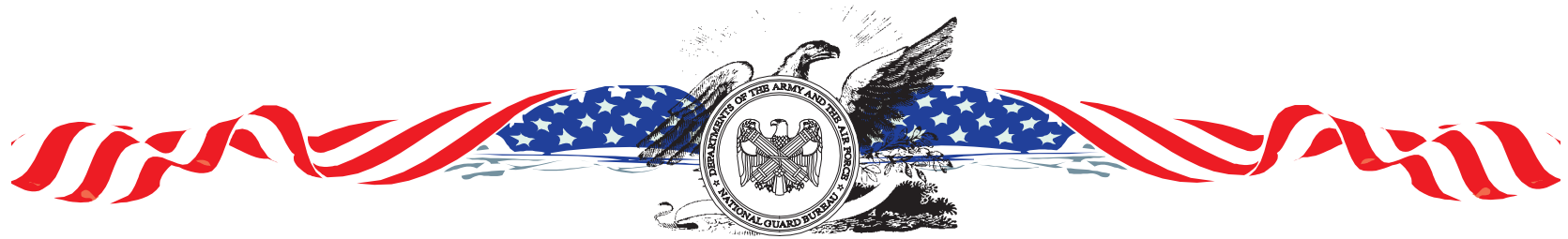


Members of the 14<sup>th</sup> Civil Support Team gather to get ready and receive a briefing prior to beginning their mission. (Photo by OC Jesse J. Stanley, 65<sup>th</sup> PCH)

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# Family Deployment Supplement to the Connecticut Guardian

VOL. 6 NO. 7

HARTFORD, CT

JULY 2005

## Understanding Separation and Reunion

COL. ANTHONY E. BAKER, SR. CHIEF, FAMILY PROGRAMS, NATIONAL GUARD BUREAU

Since the events of September 11<sup>th</sup> and onset of the global war on terror, National Guard families are experiencing the stress associated with deployments.

When families are separated for any length of time, they experience stress. It does not matter if the separation was planned well in advance or if it happened suddenly, stress is real and each family member will respond differently.

In addition to experiencing the effects of the initial deployment, families also need to prepare for reuniting with their service member. The emotional effects of separation and reunion are felt by everyone; children, spouses, service members, extended family members, and friends.

It is often an emotional roller coaster ride that may seem unending, but there are ways families and service members can relieve some of the tension associated with separation and reunion.

Families should not be afraid to discuss their feelings concerning a particular separation and should be honest about their feelings. For example, being away from one another and not being able to communicate face to face daily, really creates anxiety for families.

Possible solutions to help combat this include: planning personal time away from the children and spending that time together; planning family outings with the children; practice writing letters and sending them through the mail before the separation; making good faith efforts to call one another daily; and sharing your feelings when the plan works or does not work.

Expectations are another stressor for families and should be discussed before the separation phase to lessen the worry. Expectations can sometimes be very difficult to identify because they were a normal part of the daily life of the family.

For example, one spouse serves as the budgetary manager ensuring the bills are paid in a timely manner, while the other spouse never worries about the finances.

Separation enters the family norm and questions rise. Will my spouse pay the bills on time? Can I pay the bills like he or she did? These are real questions and expectations for both parties and issues that must be dealt with. Turning the finances over can create anxiety for both parties because one never had to worry about the finances and the other had a system for paying bills, and felt confident that no bill went unpaid. Now it is time to communicate and reassure one another that the transition is going to be all right.

It may take a systematic approach of laying out a complete plan, talking through the concerns and processes, or a combination of both. Whatever the solution, there must be reassurance from both parties that everything will be okay with constant support and communication.

Always be realistic about feelings and expectations keeping in mind that people will change as they grow and experience different events in their lives. If the problems are such that they may seem insurmountable, then seek professional help. Success totally depends on how well the parties are willing to work together, communicate, and inform one another on true feelings and expectations.

Reunions, while often joyful, can also be quite stressful due to high emotions stemming from many unanswered questions for spouses, service members, children, extended family, and significant others.

The spouse may wonder: What is my spouse like? Have I done well with the finances? Did I do a good job with the children? Can we still get along like we use to? What will our love life be like?

The service member may wonder: How will my children see me and will they know me?

Did everything go as planned while I was gone? Will my family be happy to see me? Will I have purpose when I get back?

The children may wonder: Does my mom or dad still love me? How long will my mom or dad stay? What are the new rules? What will my mom or dad think about how I did in school?

Remember, all these questions are normal and it will take some time to answer, so they must be worked through realistically and honestly. The reunion phase requires a plan somewhat similar to that of the separation phase with just a little more flexibility.

Couples should spend quality time together without friends and kids to allow time to learn each other all over again. During separation, they have grown in many different ways, and expectations may not be the same.

They should be patient with one another and adjust to things gradually. They need to communicate their feelings and expectations as to how they see their new worlds. This is a gradual process and does require real work on everyone's part.

Here are a few suggestions: try to avoid rigid schedules; understand each other's discomfort areas, such as communication, sex, and sleeping and eating irregularities; allow time for each partner to readjust and do not expect too much too soon too fast; and expect unusual feelings such as: am not needed any more, are they successful without me or does he/she know how we had to change to make this work while he/she was gone.

Finally, take advantage of sources of assistance in rebuilding the family network.

### Available sources for assistance:

**National Guard Family Assistance Centers (FACs):** FACs are geographically dispersed

across the nation providing information, referral, and outreach services for military ID cards, TRICARE, financial and legal services, deployment support, crisis intervention, veteran service and volunteer organization support for families and service members regardless of service component. For more information about FACs, visit [www.guardfamily.org](http://www.guardfamily.org) or call 1-888-777-7731.

**National Guard State Family Program Directors (SFPD):** Serving at the Joint Force Headquarters of each state and territory, the SFPD provides connectivity to variety of services that exist at the national, state, local, and community levels. For more information on NGBFP or to locate your SFPD's contact information please visit [www.guardfamily.org](http://www.guardfamily.org) or call 1-888-777-7731.

**National Guard Family Readiness Groups (FRGs):** FRGs are support groups that can be a source of emotional support and understanding at the unit level. For more information in contacting a Family Readiness Group, please contact your SFPD who will guide you to the closest FRG

**Military One Source:** An encompassing service for families and service members with 24/7 availability. The service is free to all service members and their families funded by the Department of Defense. For more information about Military One Source visit their web site [www.militaryonesource.com](http://www.militaryonesource.com); or call them at any of the following numbers; state side 1-800-342-9647; Overseas 800-3429-6477; collect from outside the US 1-484-530-5908; and En Espanola, llama al 1-877-888-0727.

Other sources of assistance include: Department of Veterans Affairs, Veteran Service Organizations, Red Cross, state and local government agencies, and private agencies listed on web sites, and local telephone directories.

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**Reunions, while often joyful, can also be quite stressful due to high emotions stemming from many unanswered questions for spouses, service members, children, extended family, and significant others.**

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CATHERINE GALASSO

## Geese teach the importance of helping others

The next time you happen to see geese flying along in a "V" formation, you may be interested to learn what science has discovered about why they fly in that unusual way.

As each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in a "V" formation, the whole flock adds at least 71 percent more flying range than if each bird flew on its own.

The birds fly further when they fly together than if they flew alone. Each goose gets help from the previous one, they don't get as tired and use up as much of their energy.

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of air in trying to go it alone and quickly gets back into formation to take advantage of the lifting power of the bird in front.

When the lead goose gets tired, it rotates to the back of the formation and another goose takes the lead.

The geese honk from behind to encourage those up in front to keep up their speed.

And if a fellow goose gets sick or is wounded, two geese fall out of formation and follow the injured bird down to help, feed and protect it.

They stay with it until it is able to fly on its own. Then they launch out to join another group.

We human beings should pay close attention to this valuable and beautiful lesson.

Albert Einstein once said, "The most important question a human being could answer is 'Is the universe a friendly place?'"

We are here on Earth to help one another. The Bible says, "Let not everyone look after their own needs, but on the needs of another."

There is strength built into your own character, as you stay close in touch with the needs of others in your family or community.

People who share a common direction

and a sense of togetherness can get where they are going quicker and easier because they are traveling on the strength of one another.

Life is a journey. Going it alone is tough and hard. Unless we uphold each other and continually help one another we will never have the fulfillment of a joy-filled life.

Be kinder than you have to be, more compassionate and more loving.

When we give our best we increase the abundance of life in our children, our community and in a larger sense, a rippling effect in the lives of strangers that we don't even see.

The soul grows when it is giving and receiving love.

"All my life I have noticed that when people care and do good for others, that that goodness gets returned over and over again," says a reader from Hamden.

A symphony is a beautiful thing to watch, and much like life should be.

As the conductor begins, each instrument is in harmony one with the other. Then a violin begins to solo and the other instruments create a beautiful accompaniment of back round music. Then the violin fades into the back ground and the flute starts to solo as the other instruments accompany it.

The musicians do not vie for the lead and cause disharmony or walk off the stage because they are not in the lead for the moment. They uphold each other to create beauty and form in the symphony. The musicians are much like the geese and much like our own family life, work life and social life should be.

Sticking close to each other in genuine love, upholding each other in prayer, protecting each other in kindness, feeding each other with encouragement... always reading the music, the word of God, and always watching Him... the Conductor.

God bless you, dear Soldiers.

*Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author of "A New You, Words to Soothe the Body, Mind and Spirit," in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at [anewyou@snet.net](mailto:anewyou@snet.net) © Catherine Galasso, 2005*

## DoD working to increase Tricare access for Reserve Components

DONNA MILES  
AMERICAN FORCES PRESS SERVICE

The Defense Department has made "tremendous efforts and strides" to meet the needs of Reserve and Guard servicemembers who now qualify for health-care coverage under the Tricare program, the program manager said during an interview on Fox News in June.

Dr. David Tornberg, acting deputy director of the Tricare Management Activity and deputy assistant secretary of defense for clinical and program policy, said the recent introduction of new patients into the Tricare system presents "a challenge," but that DoD is being "very attentive" to the needs of new Tricare participants.

Thousands of Reserve and Guard servicemembers and their families became eligible to purchase health care insurance through Tricare in late April.

Congress authorized the new benefit, called Tricare Reserve Select, for reserve component members under the fiscal 2005 National Defense Authorization Act. The plan is designed to serve as a bridge for reserve-component troops leaving active duty who aren't covered by civilian employer or other health insurance plans, according to defense officials.

Tricare Reserve Select is available to all reserve component troops who have been activated since Sept. 11, 2001, served in support of a contingency operation and agree to continued service in the Selected Reserve.

To help ensure that licensed physicians across the nation accept these and other Tricare patients, Assistant Secretary of Defense for Health Affairs Dr. William Winkenwerder Jr. sent letters to national and state medical associations last August,

seeking their support. The letter urged the associations to contact their members and encourage them to become Tricare providers and to treat "America's heroes - the people making sacrifices to keep our country safe and strong."

In addition, the Tricare Management Activity is surveying 20 U.S. metropolitan areas to determine what Tricare resources are available and whether they're sufficient to meet the current need, Air Force Maj. Michael Shavers, a Pentagon spokesman, told the American Forces Press Service.

The survey results will help DoD identify areas where beneficiaries may run into difficulties getting access to Tricare services and to help resolve those problems, Shavers said.

A similar survey was conducted last year, as required by the 2004 National Defense Authorization Act legislation.

As DoD works to increase the number of Tricare providers and improve access to the network, Tornberg noted that 80 percent of Guard and Reserve members called to active duty already are covered by another form of health insurance.

After 30 days on active duty, they qualify for full benefits under the Tricare system - a system Tornberg said "has one of the most generous and robust benefits available in the health insurance market."

Legislation introduced in the Senate would further expand healthcare benefits for the Guard and Reserve by allowing them to enroll in the program for a monthly premium, regardless of their duty status. Defense Department officials are studying the legislation, Tornberg said.

More information about Tricare, including a description of services available by location, is posted on the Tricare Web site.

**For Bradley Airbase**

**BRAC Information,**

**visit the NGACT website at**

**[www.ngact.org](http://www.ngact.org)**

Visit the

**Connecticut Guardian**

on-line at [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)




# HANDYPERSON HOTLINE

"CARRYING THE HOMEFRONT"



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Cell: 860-209-0770  
[toby.cormier@ct.ngb.army.mil](mailto:toby.cormier@ct.ngb.army.mil)



# Programs aim to reduce military divorce rates

DONNA MILES  
AMERICAN FORCES PRESS SERVICE

Recognizing the stresses military life and multiple deployments put on families, officials are stepping up their efforts to help servicemembers strengthen their family relationships and avoid divorce courts.

A full range of outreach programs — from support groups for spouses of deployed troops to weekend retreats for military couples — aims to help military families endure the hardships that military life often imposes.

Specific service-by-service statistics about divorce rates within the military were not available, but Army rates give a snapshot of what are believed to be a military-wide trend.

Army officials reported 10,477 divorces among active-duty force in fiscal 2004, a number that has climbed steadily over the past five years. In fiscal 2003, the Army reported less than 7,500 divorces; in 2002, more than 7,000, and in 2001, about 5,600.

During the past two years, the divorce rate has been higher among Army officers than their enlisted counterparts, reversing the previous trend, officials said. In fiscal 2003, the Army reported almost 1,900 divorces among its 56,000 married officers. The following year, that number jumped to more than 3,300 — an increase of almost 1,500.

These statistics reflect a general trend in American society, said Army Chaplain (Col.) Glen Bloomstrom, director of ministry initiatives for the Army's chief of chaplains. Forty-five to 50 percent of all first marriages

end in divorce nationwide, he said, and the failure rate is even higher for second marriages: 60 to 70 percent.

Divorce rates run even higher in specific occupations, particularly those that expose

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people to traumatic events and danger, as well as heavy responsibilities and public scrutiny, Army officials said. Police officers, for example, face divorce rates averaging between 66 and 75 percent, they said.

Despite the nationwide trends, Bloomstrom said that the numbers represent far more than just statistics.

"These are people we're talking about," he said. "When a marriage ends, it's the end of a dream."

The toll goes beyond the human side and affects military operations as well, he said. Servicemembers in happy marriages tend to be more focused on their jobs and less likely to have disciplinary problems, Bloomstrom said. They are also more likely to remain in the military.

While the Air Force does not have service-wide marital support programs, Air Force officials said individual bases offer a wide variety of programs to support military families and help them through separations, deployments and the stresses relating to them. Programs are offered through family support, chaplain and mental-health counseling networks.

Bloomstrom said he is optimistic about the emphasis the military services are putting on programs for married servicemembers.

The goal, he said, is to help couples recognize and address danger signs before they escalate.

Another objective is to help military couples get more satisfaction out of their marriages by injecting a healthy dose of "fun and friendship" that he said builds up their "emotional bank account."

"We're talking about investing in the relationship in the good times," he said. "That way, when you have to make a withdrawal — as you do during a deployment — you still have enough left in the bank to cover it."

For  
deployment-  
related  
questions call  
1-800-858-2677

**Thank you,  
Families,  
for all that  
you do and  
all that you  
sacrifice.**

**We are  
indebted to  
you.**

## FREE SUMMER GETAWAY WEEKEND!

One Night at the Mystic Hilton Saturday, July 16th, 2005



**Saturday, July 16th, 2005**

The Connecticut National Guard Family Program Office is hosting a Marriage Enrichment Workshop for married Army and Air National Guard couples who have been reunited following a deployment. The Workshop is being offered at no cost to attendees, on Saturday, July 16th from 9:00 a.m. to 6:00 p.m. at the Mystic Hilton Grand Ballroom. Facilitators for the workshop are David Nutt and Trudy Kaufman.

Service members and their spouses will be placed on official travel orders for the event. Reservations can be made by contacting the State Family Program Office at 1.800.858.2677. Lodging expenses and all food will be assumed by the Family Program Office for Saturday's workshop and lodging. Participants wishing to stay at the hotel on Friday night are welcome to do so, at their own expense, as the hotel has offered a special rate of \$99 for that night. Attendees should not make hotel reservations themselves but rather contact the Family Program Office who will handle all reservations.

This event is limited to the first 50 couples! After the first 50 couples, a wait list will be compiled for others wishing to attend.

**Deadline: 24 June 2005**

Call the Family Program Office at 1.800.858.2677 for reservations.

**CALL 1-800-858-2677 NOW!**



# Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:

Waterbury Armory  
64 Field Street, Waterbury, CT 06702  
(203) 574-2406 Toll Free 866-347-2291  
Staff Sgt. Jonathan Duffy

Norwich Armory  
38 Stott Avenue, Norwich, CT 06360  
(860) 823-1342 Ext. 12 Toll Free 866-347-3357  
Mrs. Andrea Lathrop

Manchester Armory & AVCRAD  
330 Main Street, Manchester, CT 06040  
(860) 646-0780 Toll Free 866-347-2286 Capt. Lauri Tinelle

103rd Air Control Squadron  
206 Boston Post Road, Orange, CT 06477  
(203) 795-2983 Charlie and Jane Solomon

103rd FW, Bradley ANG Base  
Bldg 8, East Granby, CT 06026  
(860) 292-2730 Mrs. Donna Rivera

Newington  
555 Willard Ave., Bldg. 1, 4th Floor, Newington, CT 06111  
Ms. Melissa Tetro & Sgt. Tamara Jex

Hartford Armory  
360 Broad Street, Hartford, CT 06105-3795  
1-800-858-2677  
Mrs. Kim Hoffman, Mrs. Michelle McCarty, Mrs. Karen Somes,  
OC Claude Hibbert, Mrs. Trudy Kaufman and Sgt. Jessica McKenna

Volunteers are needed in each facility.  
Those wishing to help out can contact Mrs. Kim Hoffman, Family  
Program Manager at 1-800-858-2677.

Any family member or loved one of a deployed soldier who has questions about benefits or deployment issues may also get answers to their question at the following email address: [kim.hoffman@ct.ngb.army.mil](mailto:kim.hoffman@ct.ngb.army.mil)  
Please visit our Website at [www.ct.ngb.army.mil/family](http://www.ct.ngb.army.mil/family)

## Color Name Scramble

HTIWE	
ENREG	
LKACB	
OWELYL	
KINP	
WOBNR	
PRULEP	
ULEB	
YRAG	
AGENOR	
EDR	

## Kids' Creative Corner

A MONTHLY FEATURE OF  
FUN AND EDUCATIONAL  
ACTIVITIES